

SPECIAL **EatingWell** EDITION

SOUPS

Comforting Meals to Make and Share

Meal-Prep Tips • Hearty Plant-Based Dishes • Slow Cooker Smarts

60+
Healthy
Recipes



Braised Cabbage
& Lima Bean Soup
page 53

SPECIAL **EatingWell** EDITION

SOUPS

Comforting Meals to Make and Share



Contents

4 Soup's On

CHAPTER ONE

A World of Chicken Soups

- 8 Spring Green Soup with Chicken
- 9 Tinola (Filipino Ginger-Garlic Chicken Soup)
- 10 Sopa de Fideos (Chicken Noodle Soup with Sofrito)
- 11 Lemon Chicken Orzo Soup with Kale
- 12 Chicken & Bok Choy Soup with Ginger & Mushrooms
- 13 What to Drink with Chicken Soup

CHAPTER TWO

Get Your Veg

- 16 Locro de Papas (Potato & Peppers Soup)
- 18 Vegan Cold Cucumber Soup
- 19 Lemony Lentil Soup with Collards
- 21 Vegan Vegetable Soup
- Vegetarian Split Pea Soup
- 22 Creamy Corn Soup with Jalapeños & Cojita
- 23 Spring Vegetable Minestra with Mint & Basil Pistou

CHAPTER THREE

Make It a Meal

- 26 Morgh-e Torsh (Chicken Stew with Green Herbs & Citrus)
- 27 Kale & Lentil Stew with Mashed Potatoes
- 28 Irish Stew with Lamb & Potatoes
- 29 Kale, Wild Rice & Chicken Stew
- 30 Asopao de Gandules (Pigeon Pea Stew)
- 31 Brunswick Stew
- 32 Chicken & Hominy Stew with Greens

CHAPTER FOUR

Blended and Smooth

- 36 Sopa de Calabaza Rostizada (Roasted Pumpkin Soup)
- 37 Creamy Mushroom Soup
- 38 Acorn Squash Soup
- 39 White Gazpacho
- 40 Cream of Zucchini Soup
- Tomato-Basil Soup with Herbed Focaccia Croutons
- 42 Cauliflower & White Bean Soup with Herb Croutons
- 43 Creamy Cucumber Soup
- 44 Thai-Inspired Curry Carrot Soup
- 45 Blitz It Up

CHAPTER FIVE

Bring on the Beans

- 48 Afghan Tarkari (Vegetable & Chickpea Soup)
- Escarole, Cannellini Bean & Sausage Soup
- 50 Middle Eastern Bean Soup
- 51 Southwest Bean Soup
- Cajun Bean Soup
- 52 Brazilian Black Bean Soup
- 53 Braised Cabbage & Lima Beans Over Toast

CHAPTER SIX

Seafood Warmers

- 56 Brodetto di Pesce (Adriatic-Style Seafood Soup)
- 57 Manhattan Cod Chowder
- 58 Moqueca (Seafood & Coconut Chowder)
- 59 Fish Chowder with Fennel & Corn
- 60 Lobster & Corn Chowder
- 61 White Bean Soup with Tomato & Shrimp

CHAPTER SEVEN

Plug It In: Slow Cooker and Multicooker Solutions

- 64 Slow Cooker Cabbage Soup with Sherry
- 65 Instant Pot Potato Soup
- 66 Slow Cooker Curried Butternut Squash Soup
- 67 Instant Pot Lasagna Soup
- 68 Slow Cooker Mediterranean Chicken & Chickpea Soup





Slow Cooker Cabbage
Soup with Sherry
page 64

- 69 Slow Cooker Chicken
& Wild Rice Soup with
Asparagus & Peas
- 70 Prep and Pack
- 72 Instant Pot Split Pea &
Ham Soup Freezer Pack
- 73 Slow Cooker Creamy
Lentil Soup Freezer Pack
- 74 Slow Cooker Chicken
Noodle Soup Meal-Prep
Freezer Pack
- 75 Fagioli Soup Freezer Pack

CHAPTER EIGHT **Meat-Based Fare**

- 78 Split Pea Soup with
Chorizo

- 79 Sopa de Albóndigas
(Honduran-Style Meatball
Soup)
- 80 Turkey Gumbo
- 81 15-Minute White
Bean, Kale & Kielbasa
Soup
- 82 Italian Wedding Soup
- 83 Goulash Soup

CHAPTER NINE **Special Occasions**

- 86 Vori Vori
(Corn-Dumpling Soup)
- 87 French Onion Soup
with Portobello Cheese
"Toast"

- 88 Asparagus & Sorrel Bisque
- 89 Sopa de Tartaritas
(Tiny Crêpe Soup)
- 91 Goat Cheese Crostini
with Fig Compote
- Peach & Bacon Crostini
- 92 Goat Cheese Crostini
with Mushrooms &
Brown Butter

-
- 94 Index
 - 96 Make Better Broth

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INTRODUCTION

SOUP'S ON

The ultimate comfort food does much more than warm us up.

BY COURTNEY MIFSUD

When we think of comfort food, words like battered, fried and cheesy may come to mind. Then there is soup. French fries or mac and cheese or mama's mashed potatoes can be worthy, soul-soothing choices, but soup not only warms and satisfies you, it can also be packed with the best delicious and healthy foods on earth. Our parents and grandparents—and their parents and grandparents before them—have long been ladling out chicken soup as a remedy for illness, and for countless generations families have gathered around a hearty stew in winter months. These days you can order soup care packages to be sent as gifts, and missives of support, across the country.

It's not just our souls that soup nourishes. A study from Iowa State University looked at the diets of more than 10,000 Americans and found that people who ate soup had higher-quality diets than people who didn't. Soup eaters had greater intakes of vitamin A, fiber, magnesium, potassium

and iron. Plus, they got more servings of dark greens, legumes and other veggies. A high vegetable intake is associated with a lower risk factor for chronic diseases such as heart disease, type 2 diabetes and certain cancers.

Research also shows that soup can help manage weight, which can in turn stave off certain diseases. According to research published in the journal *PLOS ONE*, people who do not eat soup are about 40 percent more likely to be overweight compared to participants who over the course of three years had soup about once a week. (The difference in body size was small but measurable: a waist circumference difference of about 1¼ inches.) Studies have also shown that soup may reduce hunger and increase fullness. Some research points to some soups' being higher in fiber—especially those built around beans and legumes—to explain soup's satiety effects. Fiber-rich foods not only fill you up faster and keep you satisfied longer, they also prevent your body from absorbing some of the calories in the foods you eat.



Soup is by its nature hydrating. Getting enough water is essential to good health, as water is involved in many of the body's important functions, and not getting enough can slow metabolism, cause mental fog and moodiness and even increase the risk of stroke. Soups, like fruits and vegetables, can contribute toward a daily water intake in a delicious and appealing manner.

Eating chicken soup may not prevent you from getting a cold, but data suggests it can alleviate cold symptoms to get you feeling better faster. Plus, chicken soup's anti-inflammatory properties can keep symptoms from developing into an upper respiratory infection. One study suggests

this may be because of a compound in chicken that inhibits viral infections. But if you're plant-based, there's still plenty of restorative benefits in vegetarian soups, particularly those containing citrus, ginger and peppers. Research also suggests that all hot soups may help to alleviate congestion—it's just that the ingredients in chicken soup (chicken, onion, garlic, parsley and pepper) may offer a little added benefit over other hot soups when it comes to beating back a cold.

Soups (and stews and chowders) filled with vegetables, chicken, seafood, legumes and so many other nutritious ingredients can be good for the soul. And good for the rest of you too. ●

Lemon Chicken
Orzo Soup with Kale
page 11



CHAPTER 1

A WORLD OF CHICKEN SOUPS

From Italy to the Philippines,
spins on this classic dish
are beloved.







Spring Green Soup with Chicken

ACTIVE: 40 min TOTAL: 40 min

Sautéing chicken in a little oil first (rather than poaching in the broth) creates some browned bits in the pan (a.k.a. fond) that give this green soup a richer flavor.

2 tablespoons extra-virgin olive oil

1 pound chicken tenders

2 medium leeks, white and light green parts only, thinly sliced

1 medium yellow onion, chopped

2 stalks celery, chopped

2 cloves garlic, minced

4 cups low-sodium chicken broth

$\frac{3}{4}$ teaspoon salt

$\frac{3}{4}$ teaspoon ground pepper, plus more for serving

1 bunch asparagus, cut into 1-inch pieces

1 5-ounce package baby spinach

1 cup packed fresh parsley leaves

$\frac{1}{4}$ cup grated Parmesan cheese, plus more for serving

1. Heat oil in a large pot over medium-high heat. Add chicken and cook, flipping once, until browned and cooked through, about 6 minutes total. Transfer to a plate.

2. Add leeks, onion and celery to the pot. Reduce heat to medium and cook, stirring occasionally and scraping up any browned bits, until very tender, 6 to 8 minutes. Add garlic and cook for 1 minute. Add broth, salt and pepper; bring to a boil over high heat. Reduce heat to maintain a simmer, cover and cook for 5 minutes. Add asparagus and spinach; cook until the asparagus is tender, about 5 minutes more.

3. Shred the chicken into bite-size pieces and add to the soup. Stir in parsley and Parmesan. Serve the soup topped with more pepper and Parmesan, if desired.

SERVES 4: 2 cups each

CAL 314, FAT 12G (SAT 2G), CHOL 60MG, CARBS 20G, TOTAL SUGARS 5G (ADDED 0G), PROTEIN 38G, FIBER 5G, SODIUM 741MG, POTASSIUM 713MG.

Tinola (Filipino Ginger-Garlic Chicken Soup)

ACTIVE: 45 min TOTAL: 45 min

TO MAKE AHEAD: Refrigerate for up to 3 days.

Tinola, a comforting chicken soup seasoned with plenty of ginger and garlic, has countless variations throughout the Philippines. The soup calls for malunggay leaves (a.k.a. moringa), which can be found fresh or frozen at Asian markets. Bok choy is a good substitute. Serve this easy and healthy chicken soup on its own or with a side of jasmine rice, quinoa or wild rice.

- 3 tablespoons canola oil or avocado oil
- ½ cup chopped yellow onion
- ¼ cup thinly sliced fresh ginger
- 6 cloves garlic, minced
- 1 pound boneless, skinless chicken thighs, trimmed and cut into ½-inch pieces
- 4 cups low-sodium chicken broth
- 1½ cups peeled and cubed green papaya or chayote
- 2 cups chopped malunggay leaves or bok choy leaves
- 1 tablespoon fish sauce
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

Heat oil in a large pot over medium heat. Add onion, ginger and garlic; cook, stirring, until the onion starts to turn translucent, about 3 minutes. Add chicken and broth; cook, stirring, until the chicken is just cooked through, about 5 minutes. Add papaya (or chayote), malunggay (or bok choy), fish sauce, salt and pepper; continue simmering until the vegetables are tender and the flavors have melded, about 5 minutes more.

SERVES 4: about 1½ cups each

CAL 344, FAT 20G (SAT 4G), CHOL 76MG, CARBS 14G, TOTAL SUGARS 6G (ADDED 0G), PROTEIN 27G, FIBER 2G, SODIUM 663MG, POTASSIUM 634MG.





Sopa de Fideos (Chicken Noodle Soup with Sofrito)

ACTIVE: 20 min TOTAL: 35 min

Sofrito is a flavor base made by sautéing onions and garlic in oil. The key to the color and flavor of this soup is to fry the sofrito in the oil: it's imperative that it sizzles as soon as it hits the pot. (Stand back and use a long spoon!)

- 1 28-ounce can no-salt-added diced tomatoes**
- 1 cup chopped white onion**
- 6 large cloves garlic**
- ½ cup chopped cilantro**
- 2 teaspoons ancho chile powder**
- 1½ teaspoons ground cumin**
- 1 teaspoon dried Mexican oregano**
- 2 tablespoons canola oil**
- 5 ounces whole-wheat angel hair pasta, broken into 1-inch pieces**
- 6 cups low-sodium chicken broth**
- 1½ pounds boneless, skinless chicken breasts, each cut into 3 pieces**

- 1 teaspoon salt**
- 1 ripe avocado, diced**
- Lime wedges & hot sauce for garnish**

1. Combine tomatoes, onion, garlic, cilantro, chile powder, cumin and oregano in a blender. Puree until smooth.
2. Heat oil in a large pot over medium-high heat. Add pasta and stir constantly until toasted, 1 to 2 minutes. Add the tomato mixture (careful, it will splatter). Cook, stirring, for 1 minute. Add broth, chicken and salt. Bring to a boil. Cover, reduce heat to maintain a simmer, and cook until the chicken is cooked through (165°F), 10 to 12 minutes.
3. Transfer the chicken to a clean cutting board and shred. Return it to the pot. Serve the soup topped with avocado, along with lime wedges and hot sauce, if desired.

SERVES 8: 1½ cups each

CAL 295, FAT 11G (SAT 2G), CHOL 47MG, CARBS 25G, TOTAL SUGARS 5G (ADDED 0G), PROTEIN 25G, FIBER 5G, SODIUM 424MG, POTASSIUM 545MG.





Lemon Chicken Orzo Soup with Kale

ACTIVE: 40 min TOTAL: 40 min

Serve this winter soup topped with a sprinkle of Parmesan cheese and a side of garlic toast.

- 2 tablespoons extra-virgin olive oil, divided
- 1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces
- 1 teaspoon dried oregano and/or thyme, divided
- $\frac{1}{4}$ teaspoons salt, divided
- $\frac{3}{4}$ teaspoon ground pepper, divided
- 2 cups chopped onions
- 1 cup chopped carrots
- 1 cup chopped celery
- 2 cloves garlic, minced

- 1 bay leaf
- 4 cups unsalted chicken broth
- 1 cup orzo pasta, preferably whole wheat
- 4 cups chopped kale
- 1 lemon, zested and juiced

1. Heat 1 tablespoon oil in a large pot over medium-high heat. Add chicken and sprinkle with $\frac{1}{2}$ teaspoon each oregano (and/or thyme), salt and pepper. Cook, stirring occasionally, until lightly browned, 3 to 5 minutes. Using a slotted spoon, transfer the chicken to a plate.
2. Add the remaining 1 tablespoon oil, onions, carrots and celery to the pan. Cook, scraping up any browned bits, until the vegetables are soft and lightly browned, 3 to 5 minutes. Add garlic, bay leaf

and the remaining $\frac{1}{2}$ teaspoon oregano (and/or thyme).

Cook, stirring, until fragrant, 30 to 60 seconds.

3. Add broth and bring to a boil over high heat. Add orzo. Reduce heat to maintain a simmer, cover and cook for 5 minutes. Add kale and the chicken, along with any accumulated juices. Continue cooking until the orzo is tender and the chicken is cooked through, 5 to 8 minutes more.

4. Remove from heat. Discard bay leaf. Stir in lemon zest, lemon juice and the remaining $\frac{3}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper.

SERVES 6: $1\frac{1}{4}$ cups each

CAL 245, FAT 7G (SAT 1G), CHOL 42MG, CARBS 24G, TOTAL SUGARS 5G (ADDED 0G), PROTEIN 21G, FIBER 5G, SODIUM 639MG, POTASSIUM 480MG.



Chicken & Bok Choy Soup with Ginger & Mushrooms

ACTIVE: 1½ hr TOTAL: 1½ hr

What is so obliging about this hearty chicken soup is that you can add any vegetables that suit your fancy: napa or Savoy cabbage, mushrooms, Chinese broccoli, broccolini, onions, leeks, mustard or turnip greens, celery or whatever tickles your fancy. Just be sure that you don't overcook the vegetables. Spice it up with Asian-style chile sauce, such as Sriracha, and/or serve the soup over noodles to make it a more substantial main dish.

- ½ ounce (about ½ cup) dried shiitake or mixed dried mushrooms
- 3 cups boiling water
- 1 tablespoon peanut oil or canola oil
- 2 cups diced onion
- 3 cloves garlic, thinly sliced
- 6 ⅛-inch-thick slices peeled fresh ginger
- 6 cups reduced-sodium chicken broth
- ¼ cup reduced-sodium soy sauce
- 1 2- to 3-inch cinnamon stick
- 1 whole star anise

- 1 teaspoon freshly ground pepper
- 2 pounds boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces
- 1 bulb fennel, cored and cut into 1-inch pieces
- 8 scallions, whites cut into 2-inch pieces and greens chopped, divided
- 1 pound bok choy, preferably baby bok choy, white stems sliced lengthwise and greens chopped, divided
- 2 cups (4 ounces) mung bean sprouts
- ½ cup chopped fresh cilantro
- 2 teaspoons toasted sesame oil
- Lime wedges for garnish

1. Place mushrooms in a heatproof measuring cup and cover with boiling water. Soak for at least 30 minutes or up to several hours. Remove the mushrooms from the water, remove and discard stems (if any) and cut into ⅛-inch slices; set aside. Strain the soaking liquid and reserve.

2. Heat oil in a large soup pot or Dutch oven over medium heat. Add onion, garlic and ginger and cook, stirring, for 5 minutes. Pour in the reserved mushroom liquid, broth, soy sauce, cinnamon stick, star anise and pepper. Bring to a boil. Reduce to a simmer and stir in chicken. Simmer for 20 minutes.

3. Stir in fennel, scallion whites and the reserved mushrooms and cook for 5 minutes. Add bok choy stems, return to a simmer and cook for 3 minutes more.

Stir in bok choy greens and bean sprouts. Cook until the greens are just wilted, about 2 minutes more.

4. Discard the cinnamon stick and star anise. Ladle the soup into bowls. Garnish each bowl with scallion greens, cilantro and a ¼ teaspoon drizzle of sesame oil. Serve with lime wedges, if desired.

SERVES 8

CAL 245, FAT 7G (SAT 1G), CHOL 42MG, CARBS 24G, TOTAL SUGARS 5G (ADDED 0G), PROTEIN 21G, FIBER 5G, SODIUM 639MG, POTASSIUM 480MG.



What to Drink with Chicken Soup

As with most basic dishes, the seasonings essentially dictate the pairing. Here are five approaches.

BY KRISTIN DONNELLY

CHICKEN AND NOODLE SOUP

You can pair most medium-bodied whites (like Oregon Pinot Blanc or unoaked Chardonnay from California) or light-bodied, low-tannin reds (like Beaujolais or Pinot Noir) with chicken soup. The saltier the broth, the better high-acid wines tend to taste.

HERB-SEASONED

Herbs' green flavors are best with whites that have some green character themselves, like Sauvignon Blanc from France's Loire Valley or inexpensive Grüner Veltliner from Austria.

TOMATO-RICH MEXICAN STYLE

With lots of lime juice, tomatoes and spicy heat from chiles, this soup is tricky to pair. Try a high-acid rosé, like one from Provence, or (when in doubt) beer.

SPICY ASIAN STYLE

With chile-laden soups, you can break out wines with some sweetness, like off-dry Riesling from Germany. Even if you think you don't like this kind of wine, try this pairing; with the spicy heat, you won't taste the wine's sweetness.

LEMONY GREEK STYLE

With a tangy lemon-and-egg Greek-style soup, choose an equally lemony wine, like Spanish Albarino or even Assyrtiko from Greece's Santorini.



Spring Vegetable
Minestra with
Mint & Basil Pistou
page 23

CHAPTER 2

GET YOUR VEG

Delicious and good for you, these vibrant soups are plant-forward and packed with healthy vegetables.









TRADITIONALLY, LOCROS ARE THICK, VEGETABLE-BASED SOUPS, SERVED MOSTLY DURING THE COLD MONTHS OF THE YEAR IN ECUADOR. THEY ARE MEANT TO BE HEARTY AND FILLING ENOUGH TO STAND AS A WHOLE MEAL.

GET YOUR VEG

Locro de Papas (Potato & Peppers Soup)

ACTIVE: 35 min TOTAL: 55 min

TO MAKE AHEAD: Refrigerate roasted peppers (Steps 1 and 2) for up to 2 days.

- 2 large red bell peppers
- 2 tablespoons unsalted butter
- ½ cup minced shallot
- 2 large cloves garlic, minced
- 2 teaspoons ground cumin
- 1 tablespoon achiote paste
- 4 cups low-sodium chicken broth, divided
- 2 pounds Yukon Gold potatoes, peeled and cubed (5 cups)
- 1 cup whole milk
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 cup crumbled queso fresco
- 1 ripe avocado, diced
- ¼ cup minced fresh cilantro

1. Position rack in upper third of oven; preheat broiler to high.
2. Place bell peppers on a baking sheet. Broil, turning every 5 minutes, until charred and softened, 15 to 20 minutes. Transfer to a bowl, cover with plastic wrap and let stand for 10 minutes. Peel, seed and chop the peppers; set aside.
3. Meanwhile, melt butter in a large pot over medium-high heat. Add shallot, garlic and cumin; cook, stirring, until fragrant, about 1 minute. Add achiote paste and 1 cup broth; cook, stirring and breaking up the achiote until it's dissolved. Add potatoes and the remaining 3 cups broth; bring to a boil. Reduce heat to maintain a simmer, cover and cook until the potatoes are easily pierced with a fork, 15 to 18 minutes.
4. Puree the soup with an immersion blender or in a regular blender (in batches, if necessary) until very smooth. (Use caution when pureeing hot liquids.)
5. Add the reserved peppers, milk, salt and pepper to the soup. Bring to a simmer over medium heat. Cook, stirring occasionally, until heated through, 5 to 8 minutes. Serve the soup topped with cheese, avocado and cilantro.

SERVES 6: 1½ cups each

CAL 356, FAT 16G (SAT 7G), CHOL 28MG, CARBS 43G, TOTAL SUGARS 7G (ADDED 0G), PROTEIN 12G, FIBER 7G, SODIUM 506MG, POTASSIUM 1,001MG.

Vegan Cold Cucumber Soup

ACTIVE: 10 min TOTAL: 2 hrs 10 min

TO MAKE AHEAD: Refrigerate in an airtight container for up to 2 days.

Silken tofu thickens this soup while letting the flavor of fresh cucumber shine. The herbs and olive oil add an extra layer of flavor to this refreshing soup, which will continue to thicken as it chills.

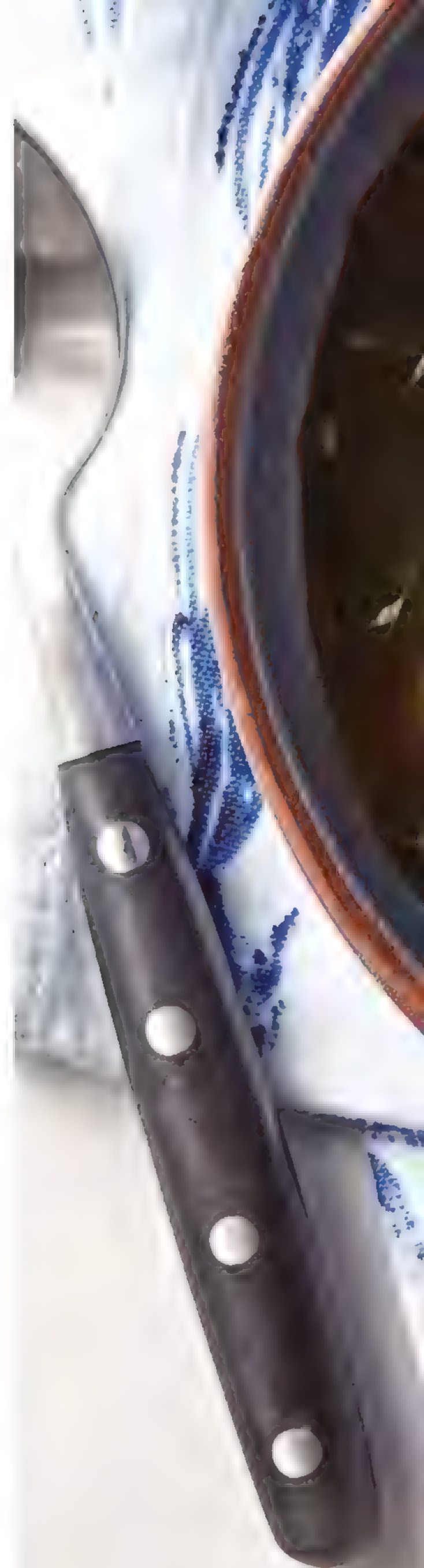
- 2 large cucumbers (about 1 pound, 6 ounces), peeled, seeded and chopped
- ½ cup silken tofu, drained
- ¼ cup extra-virgin olive oil, plus more for drizzling
- ¼ cup loosely packed fresh dill
- ¼ cup loosely packed fresh flat-leaf parsley
- 2 tablespoons chopped fresh chives, plus more for garnish

- 2 tablespoons lemon juice
- ½ teaspoon salt
- ¼ teaspoon ground white pepper
- 1 large clove garlic, smashed

Place cucumbers, tofu, oil, dill, parsley, chives, lemon juice, salt, white pepper and garlic in a blender. Process until smooth, about 2 minutes. Transfer to an airtight container; cover and refrigerate until chilled, at least 2 hours. Divide the soup among 4 bowls. Garnish with a drizzle of oil and additional chives, if desired.

SERVES 4: about 1 cup each

CAL 169, FAT 15G (SAT 2G), CHOL 0MG, CARBS 7G, TOTAL SUGARS 3G (ADDED 0G), PROTEIN 3G, FIBER 1G, SODIUM 297MG, POTASSIUM 262MG.





YOU DON'T NEED BROTH FOR THIS LENTIL SOUP RECIPE—IT'S RICH THANKS TO THE BROWNED BITS IN THE BOTTOM OF THE PAN THAT MELD INTO THE SOUP, PACKING IT WITH FLAVOR.

Lemony Lentil Soup with Collards

ACTIVE: 40 min TOTAL: 1 hr

- 1 cup dried brown lentils
- 8 cups water, divided
- $\frac{1}{4}$ cup extra-virgin olive oil
- 2 medium onions, diced
- 2 medium carrots, diced
- 1 teaspoon salt, divided
- $\frac{1}{4}$ teaspoon ground pepper
- 3 cloves garlic, chopped
- 1 teaspoon ground coriander
- 6 cups chopped collard greens
- $\frac{3}{4}$ cup chopped fresh cilantro
- 1 pound small yellow potatoes, quartered
- Juice of 1 lemon, plus wedges for serving

1. Pick through lentils, discarding any stones. Rinse.
2. Combine the lentils in a small saucepan with 3 cups water. Cover and bring to a boil. Reduce heat to maintain a simmer and cook, covered, until tender, 25 to 30 minutes.
3. Meanwhile, heat oil in a large pot over medium heat. Add onions, carrots, $\frac{1}{2}$ teaspoon salt and pepper; cook, stirring occasionally, until golden brown and lightly caramelized, 15 to 20 minutes. Add garlic and coriander; cook, stirring, for 1 minute. Stir in collard greens and cilantro; cook, stirring occasionally, until the greens have wilted, about 1 minute.

4. Add 1 cup of water and cook, scraping up any browned bits from the bottom of the pan, for 30 seconds. Add the lentils and their liquid, potatoes, lemon juice and the remaining 4 cups water and $\frac{1}{2}$ teaspoon salt. Bring to a boil over high heat. Reduce heat, cover and simmer until the potatoes are tender, 12 to 14 minutes.
5. Serve with lemon wedges, if desired.

SERVES 6: about 2 cups each
CAL 296, FAT 10G (SAT 1G), CHOL 0MG,
CARBS 42G, TOTAL SUGARS 4G (ADDED
0G), PROTEIN 11G, FIBER 8G, SODIUM
428MG, POTASSIUM 765MG.



VIBRANT TURMERIC ADDS
A GOLDEN COLOR TO THE
FLAVORFUL BROTH, WHILE
CUMIN AND GINGER GIVE IT
A BRIGHT, FRESH FINISH.

Vegan Vegetable Soup

ACTIVE: 20 min TOTAL: 20 min

- 1 tablespoon extra-virgin olive oil
- 2 cups chopped butternut squash
- 1 cup chopped onion
- $\frac{3}{4}$ cup sliced parsnips ($\frac{1}{2}$ -inch)
- 3 teaspoons finely chopped garlic
- $1\frac{1}{2}$ teaspoons finely chopped fresh ginger
- 1 teaspoon ground turmeric
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon salt
- 6 cups low-sodium vegetable broth
- 1 (15-ounce) can no-salt-added stewed tomatoes
- 3 cups stemmed and chopped rainbow chard
- 1 (15-ounce) can unsalted chickpeas, rinsed
- 1 tablespoon cider vinegar
- 1 tablespoon chopped fresh flat-leaf parsley

1. Heat oil in a large heavy pot over medium-high heat. Add squash, onion and parsnips; cook, stirring occasionally, until starting to soften, about 5 minutes. Add garlic, ginger, turmeric, cumin and salt; cook, stirring constantly, until fragrant, about 1 minute.
2. Add broth and tomatoes; bring to a boil. Reduce heat to medium; simmer until the vegetables are tender, 8 to 10 minutes. Add chard and chickpeas; cook, stirring occasionally, until the chard is bright green and starting to soften, about 2 minutes.
3. Remove from heat; stir in vinegar. Sprinkle with parsley and serve immediately.

SERVES 6: about $1\frac{3}{4}$ cups each

CAL 161, FAT 3G (SAT 0G), CHOL 0MG, CARBS 29G, TOTAL SUGARS 9G (ADDED 0G), PROTEIN 5G, FIBER 7G, SODIUM 405MG, POTASSIUM 591MG.



Vegetarian Split Pea Soup

ACTIVE: 20 min TOTAL: $1\frac{1}{2}$ hrs

TO MAKE AHEAD: Cover and refrigerate for up to 1 week. Reheat over medium heat. If needed, add additional heated broth to thin the soup. *You won't miss the meat in this easy vegetarian split pea soup. We use finely grated Parmesan cheese to infuse the soup with a rich, savory flavor. Fresh thyme leaves add floral notes, with extra added for an attractive garnish before serving.*

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1 large Yukon Gold potato, peeled and cubed ($\frac{1}{2}$ -inch)
- 3 medium carrots, halved lengthwise and sliced ($\frac{1}{2}$ -inch)
- 3 medium celery stalks, sliced ($\frac{1}{2}$ -inch)
- 1 tablespoon minced garlic
- 8 cups unsalted vegetable broth
- 1 pound dried split green peas

- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground pepper
- 1 tablespoon fresh thyme leaves, plus more for garnish
- $\frac{1}{2}$ ounce Parmesan cheese, finely grated (about $\frac{1}{2}$ cup)

1. Heat oil in a large Dutch oven or heavy-bottomed pot over medium-high heat. Add onion, potato, carrots and celery; cook, stirring occasionally, until the vegetables start to soften, about 6 minutes. Stir in garlic; cook, stirring constantly, until fragrant, about 1 minute. Stir in broth, split peas, salt and pepper. Bring to a boil. Reduce heat to medium-low; simmer, uncovered, until the split peas are tender, 1 to $1\frac{1}{2}$ hours.
2. Remove the soup from the heat and stir in thyme. Divide the soup evenly among 8 bowls; sprinkle with Parmesan and garnish with additional thyme, if desired.

SERVES 6: 2 cups each

CAL 367, FAT 4G (SAT 1G), CHOL 2MG, CARBS 64G, TOTAL SUGARS 12G (ADDED 0G), PROTEIN 20G, FIBER 23G, SODIUM 463MG, POTASSIUM 809MG.



Creamy Corn Soup with Jalapeños & Cotija

ACTIVE: 30 min TOTAL: 45 min

This creamy corn soup has underlying earthiness from the hominy and heat from the jalapeños. Fresh corn adds sweetness, which works well with the salty cotija cheese and other fresh and tangy garnishes.

- 2 tablespoons canola oil
- 4 cups fresh corn kernels or thawed frozen corn kernels
- 1 cup chopped yellow onion
- 1 jalapeño pepper, seeded and chopped
- 2 medium cloves garlic, minced
- ¼ teaspoon salt
- 1 (15-ounce) can white hominy, rinsed
- 4 cups reduced-sodium vegetable broth or chicken broth
- 2 tablespoons lime juice
- 2 teaspoons granulated sugar
- 6 tablespoons plain whole-milk Greek yogurt
- 6 tablespoons chopped fresh cilantro
- 6 tablespoons crumbled cotija cheese
- ½ teaspoon ancho chile powder

1. Heat oil in a large Dutch oven or heavy stockpot over medium-high heat. Add corn; cook, stirring often, until softened, about 6 minutes. Transfer ½ cup of the corn to a small bowl; set aside. Add onion, jalapeño, garlic and salt to the pot; cook, stirring often, until the onion is translucent and the jalapeño is softened, about 5 minutes.

2. Add hominy and broth; bring to a boil over high heat; reduce heat to medium-low and simmer, undisturbed, until the flavors have melded, about 15 minutes.

3. Pour the soup into a blender. Secure the lid on the blender and remove the center piece of the lid to allow steam to escape. Place a clean towel over the opening. Process until smooth, about 1 minute. (Use caution when blending hot liquids.) Return the mixture to the pot. Stir in lime juice and sugar.

4. Divide the soup among 6 bowls and top with the reserved corn, yogurt, cilantro, cotija and chile powder.

SERVES 6: about 1 cup each

CAL 231, FAT 9G (SAT 2G), CHOL 9MG, CARBS 33G, TOTAL SUGARS 12G (ADDED 1G), PROTEIN 7G, FIBER 4G, SODIUM 481MG, POTASSIUM 362MG.





IF YOU DON'T ALREADY
STASH PARMESAN RINDS IN
YOUR FREEZER, LOOK FOR
THEM AT A SUPERMARKET
WITH A SPECIALTY
CHEESE SECTION—ASK
FOR THEM IF THEY'RE NOT
PREPACKAGED. YOU'LL
NEED THE RINDS TO MAKE THE

Spring Vegetable Minestra with Mint & Basil Pistou

ACTIVE: 30 min TOTAL: 1¼ hrs

EQUIPMENT: Cheesecloth, kitchen string

SOUP

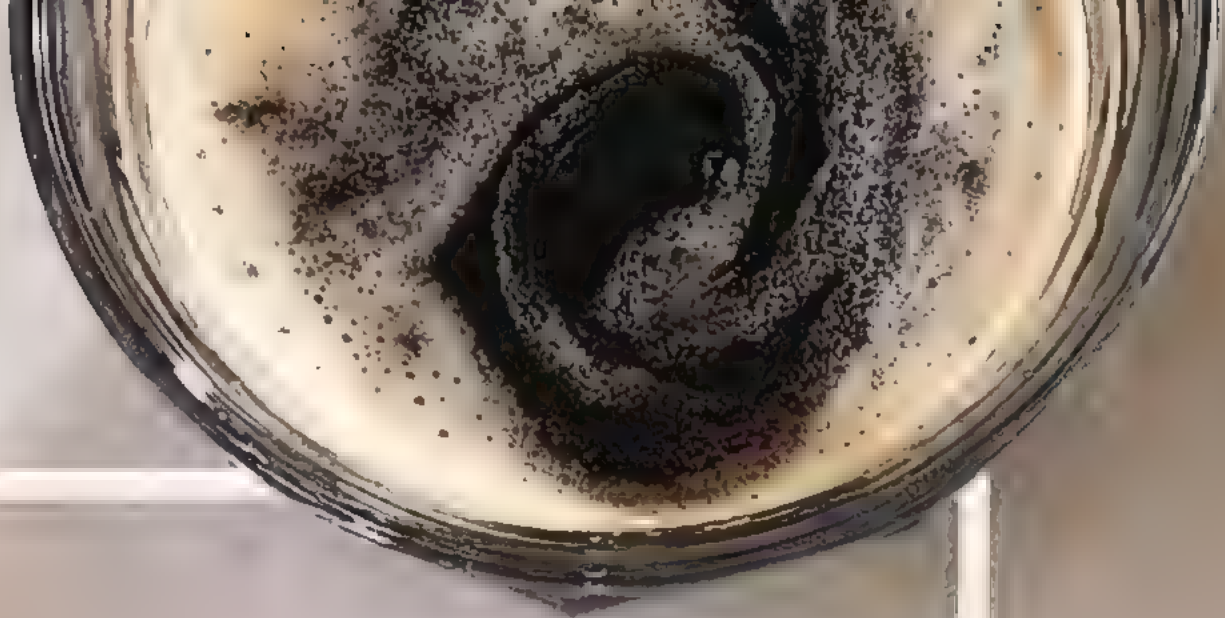
- 2 quarts cold water
- 2 stalks fennel plus ½ cup diced fennel bulb, divided
- 2 bay leaves
- 1 small bunch fresh thyme
- ½ teaspoon black peppercorns
- 2 3-inch pieces orange zest
- 8 ounces Parmesan cheese rinds
- 1 cup diced tomato
- ½ cup diced carrot
- ½ cup diced green beans
- ½ cup diced leek
- 1 15-ounce can no-salt-added white beans, rinsed
- ¼ teaspoon crushed red pepper
- 6 cups chopped escarole
- 4 cups spinach, stemmed
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper

PISTOU

- 3 cups lightly packed basil leaves
- 1 cup lightly packed mint leaves
- ¾ cup grated Parmesan cheese
- 2 teaspoons chopped garlic
- ¼ teaspoon crushed red pepper
- ¼ cup extra-virgin olive oil

1. To prepare soup: Bring water to a boil in a large pot over medium-high heat. Wrap fennel stalks, bay leaves, thyme, peppercorns and orange zest in cheesecloth and tie with kitchen string. Add to the pot along with Parmesan rinds. Adjust heat to maintain a simmer, partially cover and cook for 30 minutes.
2. Stir in diced fennel, tomato, carrot, green beans, leek, white beans and crushed red pepper. Partially cover and simmer until the vegetables are very tender, about 30 minutes.
3. Meanwhile, prepare pistou: Combine basil, mint, grated Parmesan, garlic and crushed red pepper in a food processor. Process until the herbs are finely chopped. Scrape down the sides. With the motor running, stream in oil and process until mostly smooth.
4. Remove the Parmesan rinds and sachet from the soup. Stir in escarole and spinach; cook until wilted, about 5 minutes. Season with salt and pepper. Serve topped with the pistou.

SERVES 6: 1½ cups soup & 2 Tbsp. pistou each
CAL 240, FAT 14G (SAT 3G), CHOL 11MG, CARBS 19G,
TOTAL SUGARS 2G (ADDED 0G), PROTEIN 9G, FIBER 7G,
SODIUM 469MG, POTASSIUM 538MG.



CHAPTER 3

MAKE IT A MEAL

These hearty soups and
stews are filling enough to serve
as either lunch or dinner.



Irish Stew with
Lamb & Potatoes
page 28







Morgh-e Torsh (Chicken Stew with Green Herbs & Citrus)

ACTIVE: 1½ hr TOTAL: 1½ hr

This delicious chicken stew is traditionally made with sour oranges, which are prolific in Iran—if you find them, use the juice of two in place of the citrus called for here. Serve with rice to pair with the flavorful spinach sauce.

- 3 cups water
- ½ cup yellow split peas, rinsed
- 1½ teaspoons ground pepper, divided
- 1¼ teaspoons salt, divided
- 1 teaspoon ground turmeric
- 6 bone-in chicken thighs, skin removed
- ¼ cup extra-virgin olive oil
- 1 large onion, diced
- 3 cups coarsely chopped fresh cilantro
- 2 cups packed fresh parsley
- 3 cloves garlic
- 8 cups spinach, chopped
- 2 tablespoons dried mint
- Juice of 1 orange, 2 lemons and 2 limes
- 2 large eggs

1. Combine water and split peas in a medium saucepan; bring to a boil over high heat. Reduce heat to maintain a simmer and cook until just tender, 30 to 40 minutes.

Drain in a colander over a bowl, reserving the cooking liquid.

2. Meanwhile, combine 1 teaspoon each pepper and salt with turmeric in a small bowl. Sprinkle both sides of chicken with the spice mixture. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, turning once, until browned, 10 to 12 minutes total. Transfer to a plate. Reduce heat to medium and add onion; cook, stirring occasionally, until very soft and golden, 10 to 15 minutes.

3. Combine cilantro, parsley, garlic and 3 tablespoons of the split peas in a food processor. Process until mostly smooth, scraping down the sides as needed.

4. Add spinach and mint to the skillet; cook, stirring occasionally, until the spinach is completely thickened, 45 to 50 minutes.

5. Add herbs, watercress (or arugula) and salt. Cook, stirring occasionally, until the greens are softened, about 2 minutes. Stir in ¼ cup water if the consistency is too thick. Serve warm or chilled, topped with cinnamon and more herbs, if desired.

SERVES 6: 1 cup each

CAL 418, FAT 21G (SAT 5G), CHOL 216MG, CARBS 20G, TOTAL SUGARS 3G (ADDED 0G), PROTEIN 37G, FIBER 7G, SODIUM 685MG, POTASSIUM 988MG.





Kale & Lentil Stew with Mashed Potatoes

ACTIVE: 35 min TOTAL: 45 min

TO MAKE AHEAD: Refrigerate stew (Step 2) for up to 3 days.

Fire-roasted tomatoes add a slightly smoky flavor to the red lentils. Tender leaves of baby kale bring some green and a little brightness to the dish, and the addition of mashed potatoes gives this an upside-down shepherd's pie feel.

- 1½ pounds russet potatoes, peeled and cut into 1½-inch chunks
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- ¾ teaspoon salt, divided

- ¾ teaspoon ground pepper, divided
- 3 cups low-sodium vegetable or chicken broth
- 1 15-ounce can low-sodium fire-roasted diced tomatoes
- ¾ cup red lentils, rinsed
- 4 ounces baby kale (5 cups)
- ½ cup whole milk
- 2 tablespoons butter
- 1 cup grated Parmesan cheese

1. Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add potatoes, cover and cook until tender, 10 to 15 minutes.
2. Meanwhile, heat oil in a large pot over medium-high heat. Add onion and cook, stirring often, until softened, 3 to 5 minutes. Stir

in garlic and ½ teaspoon each salt and pepper; cook until fragrant, about 30 seconds. Add broth, tomatoes and lentils and bring to a simmer over high heat. Adjust heat to maintain a simmer, cover and cook until the lentils are tender, 15 to 20 minutes. Stir in kale. Remove from heat and cover to keep warm.

3. Drain the potatoes and return them to the pot; add milk, butter and the remaining ¼ teaspoon each pepper and salt. Mash to desired consistency. Stir in Parmesan.

4. Serve the stew over the mashed potatoes.

SERVES 4: 2 cups each

CAL 458, FAT 13G (SAT 6G), CHOL 24MG, CARBS 68G, TOTAL SUGARS 8G (ADDED 0G), PROTEIN 18G, FIBER 9G, SODIUM 720MG, POTASSIUM 1,195MG.



Irish Stew with Lamb & Potatoes

ACTIVE: 35 min TOTAL: 5 hrs

TO MAKE AHEAD: Refrigerate stock (Steps 1-3) for up to 2 days. Refrigerate stew for up to 3 days or freeze for up to 3 months.

Traditional Irish lamb stew is made with inexpensive shoulder or neck cuts of lamb, but for possibly the best Irish stew you'll ever make, give this version made with leg of lamb a try.

- 1 3- to 4-pound leg of lamb with shank bone, trimmed
- 1 large yellow onion
- 1 small bunch fresh parsley, stems and leaves separated, plus more for garnish
- 6 sprigs fresh thyme, stems and leaves separated
- 2 bay leaves
- 6 cups water
- 2 pounds russet potatoes, peeled, halved and thickly sliced
- 1¼ teaspoons salt, divided

1. Preheat oven to 400°F.
2. Cut meat off the leg of lamb and cut into 1-inch pieces. Refrigerate. Place the bone in a roasting pan. Roast until browned, about 40 minutes.
3. Transfer the roasted bone to a large saucepan. Peel onion (reserve skin), slice and set aside. Add the onion skin, parsley and thyme stems and bay leaves to the saucepan. Add water and bring to a boil. Reduce heat to maintain a simmer. Partially cover and cook until any meat is falling off the bone and the stock is brown, about 1 hour. Strain the stock through a fine-mesh sieve into a bowl. (Discard solids.) You should have 4 cups stock.
4. Preheat oven to 250°F.
5. Arrange half the potatoes in a large ovenproof pot. Sprinkle with ½ teaspoon salt. Top with the reserved meat, sliced onion and parsley and thyme leaves. Sprinkle with ½ teaspoon salt and top with the remaining potatoes. Sprinkle with the remaining ¼ teaspoon salt. Pour in the stock.
6. Bring the stew to a simmer over low heat (do not boil). Cover the pot and carefully transfer it to the oven. Bake until the meat is very tender and the potatoes and onions are very soft, 2 to 3 hours.

SERVES 8: 1¼ cups each

CAL 254, FAT 7G (SAT 2G), CHOL 73MG, CARBS 22G, TOTAL SUGARS 2G (ADDED 0G), PROTEIN 26G, FIBER 3G, SODIUM 435MG, POTASSIUM 822MG.



Kale, Wild Rice & Chicken Stew

ACTIVE: 30 min TOTAL: 3½ hrs

TO MAKE AHEAD: Refrigerate for up to 2 days.

EQUIPMENT: 6-qt. or larger slow cooker

Chicken thighs get perfectly tender in just a few hours in the slow cooker. Plus, cooking everything together low and slow infuses all the flavors for complexity in every bite.

2 pounds boneless, skinless chicken thighs, trimmed
1½ teaspoons dried thyme, divided

1½ teaspoons salt
¼ teaspoon ground pepper
6 cups low-sodium chicken broth
10 ounces sliced mushrooms
1 cup chopped carrot
1 cup chopped celery
1 cup chopped onion
1 cup wild rice
½ cup dry sherry
2 cloves garlic, chopped
6 cups chopped stemmed kale
1 cup sour cream, divided
1 tablespoon lemon juice

1. Sprinkle chicken with 1 teaspoon thyme, salt and pepper. Place in a 6-quart or larger slow cooker and

add broth, mushrooms, carrot, celery, onion, rice, sherry and garlic. Stir to combine.

2. Cover and cook on High for 3 hours or on Low for 6 hours.

3. Remove the chicken to a clean cutting board and shred. Stir the chicken back into the stew along with kale, ½ cup sour cream, lemon juice and the remaining ½ teaspoon thyme. Serve topped with a dollop of the remaining sour cream.

SERVES 8: 1½ cups each

CAL 363, FAT 15G (SAT 5G), CHOL 90MG, CARBS 27G, TOTAL SUGARS 4G (ADDED 0G), PROTEIN 31G, FIBER 3G, SODIUM 592MG, POTASSIUM 724MG.



Asopao de Gandules (Pigeon Pea Stew)

ACTIVE: 20 min TOTAL: 35 min

TO MAKE AHEAD: Refrigerate for up to 3 days.

This simple vegetarian stew makes a hearty and inexpensive main course. It showcases fresh pigeon peas (gandules verdes), which are a staple in Puerto Rico. This small, round legume is similar in size to an English pea. Serve this stew with rice, tostones (fried plantains) or viandas (steamed or boiled root vegetables).

¼ cup extra-virgin olive oil
8 ounces gandules (green pigeon peas, fresh or frozen) or one 15-ounce can, rinsed

1 small onion, diced
¼ cup chopped ají dulce or ¼ cup chopped red bell pepper
4 cloves garlic, chopped
4 cups low-sodium vegetable broth, divided
2 tablespoons tomato paste
1 tablespoon chopped fresh oregano
½ teaspoon salt
½ teaspoon ground pepper
¼ cup chopped fresh culantro or cilantro

Heat oil in a large pot over medium heat. Add gandules, onion, ají dulce (or bell pepper)

and garlic. Cook, stirring occasionally, until the vegetables are soft, about 3 minutes.

Add 1 cup broth, tomato paste and oregano. Cook, stirring occasionally, until the liquid is almost completely evaporated, about 5 minutes. Stir in the remaining 3 cups broth, salt and pepper. Reduce heat to maintain a simmer, cover and cook, stirring occasionally, until the vegetables are very tender, about 15 minutes more. Stir in culantro (or cilantro).

SERVES 4: 1¼ cups each

CAL 241, FAT 15G (SAT 2G), CHOL 0MG, CARBS 22G, TOTAL SUGARS 5G (ADDED 0G), PROTEIN 5G, FIBER 5G, SODIUM 489MG, POTASSIUM 463MG.

Brunswick Stew

ACTIVE: 35 min TOTAL: 1 hr 20 min

TO MAKE AHEAD: Refrigerate for up to 3 days.

This veggie-loaded version of a classic Southern stew gets great smoky flavor from a smoked turkey drumstick.

- 1 tablespoon canola oil
- 1 large onion, diced
- 2 carrots, halved lengthwise if large, thinly sliced
- 2 stalks celery, diced
- 1½ teaspoons kosher salt, divided
- ½ teaspoon ground pepper
- 3 cloves garlic, sliced
- ½ teaspoon dried thyme
- ¼ tablespoons tomato paste
- 1 15-ounce can no-salt-added diced tomatoes
- 4 cups unsalted chicken broth
- 1 dried bay leaf
- 1 pound Yukon Gold potatoes, scrubbed and cut into ½-inch pieces
- 2 cups corn, fresh or frozen
- 2 cups frozen lima beans
- 2 cups sliced okra, fresh or frozen
- 1 smoked turkey drumstick (about 1 pound)
- ⅓ cup Worcestershire sauce
- 2 tablespoons cider vinegar
- 1-3 tablespoons light brown sugar

1. Heat oil in a large pot over medium heat. Add onion, carrots, celery, ½ teaspoon salt and pepper. Cook, stirring occasionally, for 3 minutes. Add garlic, thyme and crushed red pepper; cook, stirring, for 1 minute. Add tomato paste; cook, stirring, for 1 minute. Add tomatoes, broth and bay leaf; bring to a boil over high heat. Stir in potatoes, corn, lima beans, okra and turkey. Return to a boil. Reduce heat and simmer for 20 minutes.

2. Stir in Worcestershire, vinegar, brown sugar to taste and the remaining 1 teaspoon salt. Simmer for 10 minutes more. Transfer the turkey to a clean cutting board. Simmer the stew until the potatoes are tender, about 10 minutes more.

3. Dice the turkey meat (discard the skin, bones and cartilage). Return it to the stew. Serve hot.

SERVES 8: 1½ cups each

CAL 305, FAT 6G (SAT 1G), CHOL 47MG, CARBS 44G, TOTAL SUGARS 12G (ADDED 3G), PROTEIN 23G, FIBER 6G, SODIUM 670MG, POTASSIUM 949MG.



Chicken & Hominy Stew with Greens

ACTIVE: 25 min TOTAL: 40 min

Have a healthy weeknight meal with this easy chicken stew recipe. We like the bitter bite of mustard greens in this slightly spicy stew, but any dark leafy green will be delicious. The cabbage on top adds crunch.

- 1 pound boneless, skinless chicken thighs, trimmed
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 1 bunch mustard or collard greens, stemmed and coarsely chopped
- 4 cups low-sodium chicken broth
- 1 15-ounce can hominy, rinsed
- ½ cup tomatillo salsa
- 1 cup shredded red cabbage
- ¼ cup reduced-fat sour cream
- Lime wedges for serving

1. Pat chicken dry and sprinkle with coriander and cumin. Heat oil in a large pot over medium heat. Add the chicken and cook, flipping once, until browned on both sides, 6 to 7 minutes total. Transfer to a clean plate.

2. Add onion and garlic to the pot and cook, stirring occasionally, until tender, 3 to 4 minutes. Add greens and cook, stirring, until wilted, about 1 minute. Add broth, hominy and the chicken along with any accumulated juices. Bring to a simmer. Adjust heat to maintain a simmer, cover and cook until the chicken is very tender, about 15 minutes.

3. Remove the chicken to a clean cutting board and shred with two forks. Return to the pot and stir in salsa. Serve the stew topped with cabbage and sour cream, with lime wedges, if desired.

SERVES 4: about 2 cups each

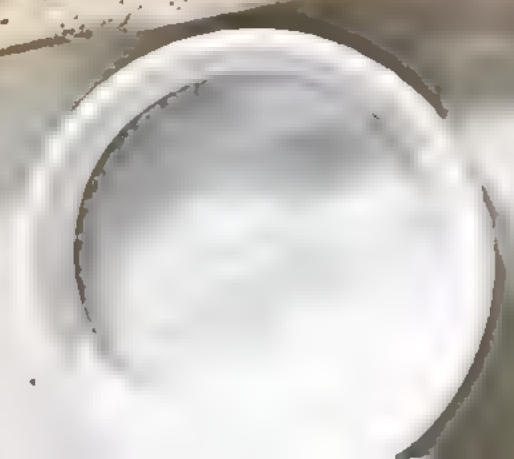
CAL 431, FAT 20G (SAT 5G), CHOL 81MG, CARBS 32G, TOTAL SUGARS 7G (ADDED 0G), PROTEIN 32G, FIBER 8G, SODIUM 566MG, POTASSIUM 964MG.





HOMINY'S BEANLIKE BITES
ARE MADE BY REMOVING
THE TOUGH HULL AND GERM
FROM DRIED CORN, LEAVING
BEHIND A FIBER-PACKED
KERNEL THAT GETS CHEWY
WHEN COOKED, ADDING
GOOD TEXTURE TO THIS
CHICKEN STEW. FIND CANNED
HOMINY AT THE GROCERY
STORE NEAR THE BEANS.





A top-down photograph of a kitchen scene. In the upper left, a glass bowl contains a bright yellow liquid. Below it, a wooden cutting board holds several pieces of roasted vegetables, including a large, halved acorn squash. To the right of the cutting board, a blue and white striped cloth is folded. In the lower right, a glass bottle lies on its side, and a small black container is visible. The background is a light-colored, textured surface.

CHAPTER 4

BLENDED AND SMOOTH

Get out your standing or immersion blender, it's time to blitz up some veggie-loaded creamy soups.



Sopa de Calabaza Rostizada (Roasted Pumpkin Soup)

ACTIVE: 25 min TOTAL: 1 hr 10 min
TO MAKE AHEAD: Refrigerate for up to 3 days.

El Departamento de la Comida in Puerto Rico is a nonprofit collective that supports small-scale, decentralized local food projects. This comforting and nourishing soup is one of their classics and was served often at their restaurant until it closed in 2017.

- 1 2-pound Caribbean pumpkin or butternut squash, peeled, seeded and cut into 1-inch pieces
- 6 tablespoons grapeseed oil, divided
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{2}$ cup diced onion
- 3 cloves garlic, chopped

- 2 tablespoons chopped peeled fresh turmeric or 2 teaspoons dried
- 6 cups low-sodium vegetable broth, divided
- 1 teaspoon chopped fresh rosemary
- $\frac{1}{2}$ teaspoon chopped fresh oregano
- $\frac{1}{2}$ teaspoon ground pepper
- Extra-virgin olive oil for serving

1. Preheat oven to 350°F.
2. Toss pumpkin (or squash) with 2 tablespoons grapeseed oil and $\frac{1}{2}$ teaspoon salt on a large rimmed baking sheet. Roast, stirring occasionally, until golden brown and tender, 40 to 45 minutes.
3. Heat the remaining 4 tablespoons grapeseed oil in a large pot over medium heat. Add onion, garlic and fresh turmeric (if using

dried, add it later). Cook, stirring occasionally, until soft and starting to brown, 3 to 5 minutes. Add the roasted pumpkin (or squash) and 2 cups broth. Cook, stirring occasionally and scraping up any browned bits, for 5 minutes. Add the remaining 4 cups broth and $\frac{1}{4}$ teaspoon salt, rosemary, oregano, pepper and dried turmeric, if using. Increase heat to medium-high and bring to a simmer. Adjust heat to maintain a simmer, cover and cook for 10 minutes.

4. Puree the soup with an immersion blender or in batches in a regular blender until smooth. (Use caution when pureeing hot liquids.) Serve drizzled with olive oil, if desired.

SERVES 6: $1\frac{1}{4}$ cups each

CAL 173, FAT 14G (SAT 1G), CHOL 0MG, CARBS 12G, TOTAL SUGARS 5G (ADDED 0G), PROTEIN 1G, FIBER 2G, SODIUM 423MG, POTASSIUM 405MG.





THIS TWIST ON A CLASSIC COMFORT SOUP IS GLUTEN-FREE AND VEGAN, USING POTATOES AND MUSHROOM BROTH TO CREATE A CREAMY TEXTURE. TO MAKE AHEAD, PREPARE THE SOUP AND TOPPING SEPARATELY; BOTH CAN STAY IN THE FRIDGE FOR UP TO THREE DAYS.

Creamy Mushroom Soup

ACTIVE: 50 mins TOTAL: 50 mins

- 4 tablespoons extra-virgin olive oil, divided
- 1 cup diced shallots
- ½ cup diced celery
- 5 cups sliced shiitake mushroom caps (about 10 ounces), divided
- 5 cups sliced baby bella mushrooms (about 10 ounces), divided
- ½ cup dry sherry
- 3 cloves garlic, minced
- 4 cups diced peeled Yukon Gold potatoes (about 1 pound)
- ½ teaspoon dried thyme
- 3 cups “no-chicken” broth or mushroom broth
- 1 cup water

- ½ cup walnuts, finely chopped
- Pinch of salt
- 2 teaspoons sherry vinegar
- ½ teaspoon ground pepper
- 2 tablespoons sliced fresh chives

1. Heat 3 tablespoons oil in a large pot over medium heat. Add shallots and celery; cook, stirring occasionally, until tender, about 3 minutes. Add 4 cups each shiitakes and baby bellas, sherry and garlic; cook, stirring occasionally, until the mushrooms are soft and the liquid has evaporated, about 5 minutes. Stir in potatoes and thyme; cook for 1 minute. Add broth and water. Bring to a boil. Reduce heat to maintain a simmer and cook, stirring occasionally, until the vegetables are very soft, about 20 minutes.

2. Meanwhile, coarsely chop the remaining 2 cups mushrooms. Heat the remaining 1 tablespoon oil in a medium skillet over medium heat. Add the mushrooms and cook, stirring often, until soft, about 2 minutes. Add walnuts and salt. Cook, stirring occasionally, until hot, about 1 minute more.

3. Puree the soup with an immersion blender or in a regular blender (in batches, if necessary) until very smooth. (Use caution when blending hot liquids.) Stir in vinegar and pepper.

4. Serve the soup topped with the mushroom-walnut mixture and chives.

SERVES 4: 2 cups each

CAL 407, FAT 22.8G (SAT 3G), CARBS 41G, TOTAL SUGARS 6G (ADDED 0G), PROTEIN 9G, FIBER 6G, SODIUM 462MG, POTASSIUM 1,149MG.



Acorn Squash Soup

ACTIVE: 35 min TOTAL: 1 hr 45 min
TO MAKE AHEAD: Refrigerate soup for up to 3 days or freeze for up to 3 months. Thaw, if necessary, and reheat before serving.



MILD-FLAVORED ACORN SQUASH GETS A SOUTHWESTERN-INSPIRED MAKEOVER IN THIS FLAVORFUL SOUP THAT HAS A HINT OF SPICE FROM CHIPOTLE PEPPER—OPT FOR MORE IF YOU LIKE THE HEAT.

- 2 medium acorn squash
- 1 tablespoon extra-virgin olive oil
- 1 medium carrot, chopped
- 1 stalk celery, chopped
- 1 small onion, chopped
- 1 teaspoon ground cumin
- ¼-½ teaspoon chipotle chile pepper
- Pinch of ground cloves
- 4 cups low-sodium chicken broth or “no-chicken” broth
- 1 tablespoon maple syrup
- 1 teaspoon salt
- ¼ teaspoon ground pepper
- 6 teaspoons sour cream
- cup chopped fresh chives

1. Preheat oven to 375°F. Lightly coat a large baking sheet with cooking spray.
2. Cut squash in half horizontally. Scoop out and discard seeds. Place the squash, cut-side down, on the prepared baking sheet. Bake until tender, about 45 minutes. When cool enough to handle, scoop out flesh.
3. Heat oil in a large saucepan over medium heat. Add carrot, celery and onion and stir to coat. Cover, reduce heat to medium-low and cook, stirring frequently, until soft, 8 to 10 minutes. Stir in the squash flesh, cumin, chipotle to taste and cloves. Add broth and bring to a simmer. Reduce heat to maintain a simmer and cook, covered, until the vegetables are very tender, 25 to 35 minutes.
4. Puree the soup with an immersion blender or a regular blender (in batches) until smooth. (Use caution when pureeing hot liquids.) Season with maple syrup, salt and pepper. Garnish each serving with a dollop of cream and a sprinkling of chives.

SERVES 6: about 1 cup each
CAL 133, FAT 4G (SAT 1G, MONO 2G),
CHOL 2MG, CARBS 22G, TOTAL SUGARS
7G (ADDED 2G), PROTEIN 5G, FIBER 3G,
SODIUM 461MG, POTASSIUM 724MG.

White Gazpacho

ACTIVE: 25 min TOTAL: 2 hr 25 min
(including 2 hours chilling time)

TO MAKE AHEAD: Refrigerate for up to 2 days.

This take on gazpacho replaces the tomato with melon or grapes for a sweeter taste and gets its silky texture from Marcona almonds. If you can't find them, use skinless almonds and add 1 tablespoon oil and a pinch more salt.

- 3½ cups chopped peeled English cucumbers (about 2 large), divided
- 3 cups chopped ripe honeydew melon or white grapes
- 1½ cups Marcona almonds, divided

- 1½ cups low-sodium vegetable broth
- ¾ cup white grape or apple juice
- 1 large shallot, chopped
- 1½ tablespoons chopped fresh mint plus 1½ teaspoons, divided
- 4 teaspoons chopped fresh dill, divided
- ½ cup extra-virgin olive oil
- 3 tablespoons cider vinegar
- 1 teaspoon kosher salt
- ¾ teaspoon ground white pepper

1. Combine 3 cups cucumber, melon (or grapes), 1¼ cups almonds, broth, juice, shallot, 1½ tablespoons mint and 3 teaspoons dill in a blender. Pulse until you get a coarse paste,

then process until very smooth. With the motor running, slowly add oil. Add vinegar, salt and pepper; process on high for 1 minute. Transfer to a large bowl, cover and refrigerate until chilled, at least 2 hours and up to 2 days.

2. Just before serving, chop the remaining ¼ cup almonds and combine in a small bowl with the remaining ½ cup cucumber, 1½ teaspoons mint and 1 teaspoon dill; mix well. Serve the gazpacho topped with the cucumber mixture.

SERVES 12: ½ cup each

CAL 230, FAT 18G (SAT 2G), CHOL 0MG, CARBS 12G, TOTAL SUGARS 6G (ADDED 0G), PROTEIN 4G, FIBER 1G, SODIUM 226MG, POTASSIUM 159MG.



Cream of Zucchini Soup

ACTIVE: 25 min TOTAL: 40 min

This cream of zucchini soup recipe is a great way to use up your garden zucchini. The potatoes add to the creaminess, while croutons add texture and chives brighten the flavor.

- 2 cups cubed rustic whole-wheat bread
- 2 tablespoons extra-virgin olive oil, divided
- 1 cup roughly chopped shallots
- 4 cups unsalted vegetable broth or chicken broth
- 1½ pounds zucchini (about 3 medium), cut into ½-inch pieces
- 1 small russet potato (about 9 ounces), peeled and cut into ½-inch cubes
- ½ teaspoon salt
- ¼ cup heavy whipping cream
- 1 tablespoon thinly sliced fresh chives

1. Preheat oven to 350°F. Combine bread cubes and 1 tablespoon oil in a bowl; toss well. Spread in an even layer

on a large baking sheet. Bake until golden and crisp, 12 to 15 minutes.

2. Meanwhile, heat the remaining 1 tablespoon oil in a large pot over medium heat. Add shallots; cook, stirring occasionally, until softened, about 3 minutes. Add broth, zucchini, potato and salt; bring to a boil over high heat. Reduce heat to medium-low; simmer, undisturbed, until the vegetables are tender, about 15 minutes.

3. Pour the zucchini mixture into a blender. Secure the lid on the blender and remove the center piece to allow steam to escape. Place a clean towel over the opening. Process until smooth and silky, about 1 minute. (Use caution when pureeing hot liquids.) Return the mixture to the pot; stir in cream. Ladle the soup into 6 bowls; sprinkle with the croutons and chives.

SERVES 6: 1 cup each

CAL 179, FAT 9G (SAT 3G, MONO 4G), CHOL 12MG, CARBS 23G, TOTAL SUGARS 6G (ADDED 0G), PROTEIN 4G, FIBER 2G, SODIUM 301MG, POTASSIUM 524MG.



Tomato-Basil Soup with Herbed Focaccia Croutons

ACTIVE: 30 min TOTAL: 45 min
TO MAKE AHEAD: Store croutons (Steps 1-2) airtight at room temperature for up to 1 day. Refrigerate soup (Steps 3-4) for up to 3 days or freeze for up to 3 months.

CROUTONS

- 1½ tablespoons extra-virgin olive oil
- 1 tablespoon melted butter
- 2 tablespoons chopped fresh parsley
- 1 clove garlic, minced
- 1½ teaspoons chopped fresh rosemary
- 1½ teaspoons chopped fresh sage
- Pinch of salt



+

THIS VEGETARIAN SOUP TAKES FULL ADVANTAGE OF FRESH TOMATOES. ROMA OR PLUM TOMATOES ARE FLESHY, LOW IN SEEDS AND CHEAP—MAKING THEM A GOOD CANDIDATE FOR SOUP DURING PEAK SEASON.

Pinch of ground pepper
2 cups cubed day-old focaccia or sourdough bread (½-inch cubes)
¼ cup grated Grana Padano cheese

SOUP

¼ cup extra-virgin olive oil
½ cup chopped onion
½ teaspoon salt
½ teaspoon ground pepper
3 pounds Roma tomatoes, diced (9 cups)
3 tablespoons tomato paste
2 cups low-sodium vegetable broth
3 tablespoons white balsamic vinegar
2 tablespoons light brown sugar
½ cup chopped fresh basil, plus small basil leaves for garnish

6 tablespoons grated or shredded Grana Padano cheese

1. To prepare croutons: Preheat oven to 350°F.
2. Combine 1½ tablespoons oil, butter, parsley, garlic, rosemary, sage and a pinch each of salt and pepper in a medium bowl. Add bread and ¼ cup Grana Padano and toss to coat. Spread evenly on a rimmed baking sheet. Bake, stirring once halfway, until the croutons are golden brown, about 15 minutes.
3. Meanwhile, to prepare soup: Heat oil in a large pot over medium-high heat. Add onion, salt and pepper and cook, stirring occasionally, until soft, 2 to 3 minutes. Add tomatoes, cover and cook for 5 minutes. Stir in

tomato paste and cook, stirring, for 2 minutes. Add broth, vinegar and brown sugar and bring to a boil. Cook until reduced slightly, about 2 minutes. Adjust heat to maintain a simmer, cover and cook until the tomatoes are very soft, about 15 minutes more.
4. Stir basil into the soup. Using an immersion blender or a regular blender in batches, blend the soup to the desired consistency. (Use caution when blending hot liquids.) Serve the soup topped with cheese, the croutons and, if desired, basil leaves.

SERVES 6: 1¼ cups soup & ¼ cup croutons each

CAL 271, FAT 18G (SAT 5G), CHOL 12MG, CARBS 22G, TOTAL SUGARS 14G (ADDED 4G), PROTEIN 6G, FIBER 4G, SODIUM 445MG, POTASSIUM 680MG.



Cauliflower & White Bean Soup with Herb Croutons

ACTIVE: 25 min TOTAL: 45 min

TO MAKE AHEAD: Refrigerate soup for up to 3 days.

Pureed cauliflower lends a creamy, silky texture to this vegetarian soup without using a drop of dairy.

- 4 tablespoons extra-virgin olive oil, divided
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons minced fresh sage, divided
- 2 teaspoons minced fresh thyme, divided, plus more for garnish
- 6 cups cauliflower florets (1 medium head)
- 4 cups low-sodium vegetable or “no-chicken” broth
- 1 15-ounce can no-salt-added white beans, rinsed
- $\frac{1}{2}$ teaspoon ground pepper
- $\frac{1}{4}$ teaspoon salt
- 2 slices whole-wheat sandwich bread (3 ounces), cut into $\frac{1}{2}$ -inch cubes

1. Preheat oven to 400°F.
2. Heat 2 tablespoons oil in a large pot over medium heat. Add onion and cook, stirring often, until softened, about 5 minutes. Add garlic and 1 teaspoon each sage and thyme; cook until fragrant, about 1 minute. Stir in cauliflower, broth, beans, pepper and salt. Bring to a boil. Reduce heat to maintain a simmer, cover and cook until the cauliflower is very tender, 15 to 20 minutes.
3. Meanwhile, spread bread on a rimmed baking sheet and bake until golden brown, about 10 minutes. Transfer to a medium bowl and toss with 1 tablespoon oil and the remaining 1 teaspoon each sage and thyme.
4. Puree the soup using an immersion blender (or in batches in a regular blender) until smooth. (Use caution when blending hot liquids.) Serve the soup with the croutons and drizzled with the remaining 1 tablespoon oil and sprinkled with more thyme, if desired.

SERVES 4: $1\frac{3}{4}$ cups soup & $\frac{1}{3}$ cup croutons each

CAL 315, FAT 16G (SAT 2G), CHOL 0MG, CARBS 35G, TOTAL SUGARS 7G (ADDED 0G), PROTEIN 10G, FIBER 10G, SODIUM 432MG, POTASSIUM 778MG.



Creamy Cucumber Soup

ACTIVE: 15 min TOTAL: 15 min

A combination of avocado and yogurt gives juicy cucumber just the right amount of creaminess in this rich chilled cucumber soup.

- 3 cups chopped seeded peeled cucumber
- 1 ripe avocado, peeled and pitted
- 1 cup low-fat plain yogurt

- $\frac{1}{4}$ cup chopped fresh dill
- 2 tablespoons lemon juice
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper, plus more for garnish
- 4 teaspoons extra-virgin olive oil
- Julienned radishes for garnish

1. Combine cucumber, avocado, yogurt, dill, lemon juice, salt and

pepper in a blender. Blend on high until smooth. Refrigerate the soup until chilled, if desired.
2. Serve the soup drizzled with oil and garnished with more pepper and radishes, if desired.

SERVES 4: about $\frac{3}{4}$ cup each
CAL 173, FAT 13G (SAT 2G), CHOL 4MG, CARBS 11G, TOTAL SUGARS 6G (ADDED 0G), PROTEIN 5G, FIBER 4G, SODIUM 340MG, POTASSIUM 537MG.

Thai-Inspired Curry Carrot Soup

ACTIVE: 1 hr TOTAL: 1¾ hrs

TO MAKE AHEAD: Refrigerate for up to 4 days or freeze for up to 4 months.

This carrot soup is loaded with veggies and features vibrant curry paste and creamy coconut milk. Enjoy this mildly spicy soup with a toasted mango-chutney-and-cheese sandwich, or thin the soup with more water or broth and use it as the base for a curry with chunks of firm white fish and broccoli.

- 2 tablespoons coconut oil
- 8 cups chopped carrots, peeled
sweet potatoes and/or peeled
winter squash
- 3 cups chopped onions, shallots
and/or leeks
- 3 cups chopped celery
- 4 cloves garlic, chopped
- ½ cup red curry paste
- 2 14-ounce cans coconut milk
- 6 cups water or unsalted chicken
broth
- 7 tablespoons lime juice
- ¼ cup fish sauce

1. Heat oil in a large pot over medium-high heat. Add carrots (and/or sweet potatoes or squash), onions (and/or shallots or leeks) and celery. Cook, stirring occasionally, until softened, 20 to 25 minutes. Add garlic and curry paste; cook, stirring often, until fragrant, about 30 seconds. Add coconut milk and water (or broth); bring to a simmer over high heat. Adjust heat to maintain a simmer and cook, stirring occasionally, until the vegetables are very soft, 30 to 40 minutes.

2. Puree the mixture with an immersion blender or in batches in a regular blender until smooth. (Use caution when blending hot liquids.) Return to the pot, if necessary, and add lime juice and fish sauce. Serve hot or let cool completely before refrigerating for up to 4 days or freezing for up to 4 months.

SERVES 16: 1 cup each

CAL 186, FAT 13G (SAT 12G), CHOL 0MG,
CARBS 17G, TOTAL SUGARS 5G (ADDED 0G),
PROTEIN 3G, FIBER 3G, SODIUM 595MG,
POTASSIUM 449MG.



Blitz It Up

The immersion blender is a compact and versatile alternative to the standing blender. Here's how to get the most out of yours.



SOUP'S BEST FRIEND

Because an immersion blender is not as powerful as a standard blender, it is best suited for everyday jobs, such as pureeing soups right in the pot. Heavy-duty jobs, such as blending ice, frozen foods, or large quantities of sizeable fruits and veggies, can wear down the blades and cause the motor to deteriorate.

START SLOW AND WORK YOUR WAY UP

No matter how many speed settings your immersion blender has,

avoid turning it up too much at the start. Starting on the lowest speed allows larger pieces to break down easier before fully pureeing the food. This also lessens the chance of making a mess or losing control of the blender.

USE THE CORRECT CONTAINER SIZE

Different recipes blend better in certain sizes of vessels. If the vessel, such as a bowl or jar, is too shallow, it can be difficult to blend all ingredients evenly. Make

sure there's at least one inch of ingredients above the blade. For larger batches, a wider bowl is more effective, but for smaller portions aim for a tall, narrow container.

KEEP YOUR IMMERSION BLENDER MOVING

A major perk of immersion blenders is how mobile and versatile they are. To take full advantage, keep the blender moving and slightly tilted. This ensures that the blender can cover more ground and blend

everything more evenly. However, avoid moving it around too quickly; this will help avoid messes.

CLEAN IT WITH WARM WATER

Handwash your immersion blender with lukewarm water and just a touch of dishwashing liquid to clean it gently. Different brands might have more specific instructions, especially if they include add-ons such as a whisker, but avoid placing the device in the dishwasher, where water may be too hot.



Southwest Bean Soup
page 51

CHAPTER 5

BRING ON THE BEANS

These plant-based power foods are loaded
with protein and fiber that keep you full.







Afghan Tarkari (Vegetable & Chickpea Soup)

ACTIVE: 25 min TOTAL: 35 min
Try topping this vegetable soup with a spoonful of spicy pepper chutney.

- 2 teaspoons extra-virgin olive oil
- 1 large carrot, diced
- 1 small onion, diced
- 2 cloves garlic, minced
- 4 cups low-sodium "no-chicken" or vegetable broth
- 1 15-ounce can no-salt-added chickpeas, rinsed
- $\frac{2}{3}$ cup frozen corn
- $\frac{2}{3}$ cup frozen peas
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon ground pepper

- $\frac{1}{2}$ cup packed chopped spinach
- Fresh cilantro for garnish

Heat oil in a large saucepan over medium heat. Add carrot, onion and garlic; cook, stirring, until the onion is soft, 3 to 4 minutes. Stir in broth, chickpeas, corn, peas, salt and pepper. Bring to a boil over high heat. Reduce heat to a simmer and cook, stirring occasionally, for 10 minutes. Stir in spinach and cook until wilted, about 1 minute. Serve the soup topped with cilantro, if desired.

SERVES 4: 1½ cups each
CAL 175, FAT 3G (SAT 0G), CHOL 0MG, CARBS 29G, TOTAL SUGARS 5G (ADDED 0G), PROTEIN 7G, FIBER 6G, SODIUM 441MG, POTASSIUM 359MG.

Escarole, Cannellini Bean & Sausage Soup

ACTIVE: 40 min TOTAL: 2 hrs
(plus overnight soaking)

TO MAKE AHEAD: Refrigerate beans and reserved cooking liquid (Step 1) separately for up to 3 days.

EQUIPMENT: Parchment paper

This soup would be equally satisfying if you took it in a vegetarian direction and skipped the sausage and used "no-chicken" broth.

- 12 ounces dried cannellini beans (about 1¾ cups), soaked overnight
- 6 large eggs
- 1 cup finely chopped flat-leaf parsley
- $\frac{1}{2}$ cup grated Parmesan cheese
- $\frac{1}{4}$ cup all-purpose flour



½ teaspoon salt, divided
1 tablespoon extra-virgin
olive oil
8 ounces Italian turkey
sausage, casings removed
½ medium onion, diced
3 cloves garlic, chopped
4 cups low-sodium chicken
broth
1 head escarole, coarsely
chopped (10 cups)
¼ teaspoon ground pepper
Lemon wedges for serving

1. Drain the soaked beans and rinse. Place in a large pot and add water to cover by 2 inches. Bring to a boil over high heat. Adjust heat to maintain a gentle simmer, cover and cook until tender, 1 to 1½ hours. (Alternatively,

cook beans in a pressure cooker or slow cooker.) Reserve 2 cups of the cooking liquid and drain the beans.

2. Meanwhile, preheat oven to 350°F. Line the bottom of a 9-by-13-inch baking dish with parchment paper.

3. Whisk eggs, parsley, Parmesan, flour and ¼ teaspoon salt in a large bowl. Pour into the prepared baking dish. Bake until firm, about 15 minutes. Loosen the edges with a spatula. While still warm, invert onto a cutting board. Remove the parchment and cut the frittata into ¼-inch cubes.

4. Heat oil in the pot over medium heat. Shape sausage into ¾-inch balls and add them to the pot. Cook, turning occasionally, until

browned all over, about 5 minutes. Add onion and garlic and cook, stirring frequently, until the onion is translucent, 5 to 8 minutes. Stir in broth and the reserved cooking liquid, scraping up any browned bits. Increase heat to high and bring to a boil.

5. Add escarole, the beans and the remaining ¼ teaspoon salt and pepper. Return to a boil. Cook until the escarole is just tender, 3 to 5 minutes. Serve the soup topped with the egg "croutons" and with lemon wedges, if desired.

SERVES 6: 1 cups soup and 1 cup "croutons" each

CAL 422, FAT 14G (SAT 4G), CHOL 220MG, CARBS 43G, TOTAL SUGARS 2G (ADDED 0G), PROTEIN 31G, FIBER 21G, SODIUM 684MG, POTASSIUM 1,386MG.



Middle Eastern Bean Soup

ACTIVE: 30 min

TOTAL: 30 min

TO MAKE AHEAD: Refrigerate for up to 3 days.

- 2 tablespoons extra-virgin olive oil
- 1½ cups chopped onion
- 1 cup chopped carrot
- 2 cloves garlic, minced
- 1 tablespoon za'atar
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried
- ¼ teaspoon salt
- 4 cups low-sodium chicken broth
- 1 15-ounce can butter beans, rinsed
- 1 15-ounce can chickpeas, rinsed
- ¾ cup cooked crumbled merguez sausage
- 1 cup chopped tomato
- 1 cup chopped zucchini
- 1 tablespoon lemon juice

1. Heat oil in a large pot over medium-high heat. Add onion, carrot and garlic; cook, stirring occasionally, until the vegetables are starting to soften, 3 to 4 minutes. Add za'atar, oregano and salt; cook, stirring, for 1 minute.

2. Add broth, butter beans and chickpeas; bring to a boil. Reduce heat to a simmer, stir in sausage; cover and cook until the vegetables are tender, about 10 minutes.

3. Stir in tomato, zucchini and lemon juice. Cover and cook 5 minutes more.

SERVES 6: about 1 cups each

CAL 280, FAT 14G (SAT 4G), CHOL 17MG, CARBS 30G, TOTAL SUGARS 5G (ADDED 0G), PROTEIN 13G, FIBER 7G, SODIUM 562MG, POTASSIUM 701MG.

Southwest Bean Soup

Middle Eastern Bean Soup

SPICE BLENDS LIKE ZA'ATAR GIVE YOU BIG FLAVOR FROM JUST ONE PINCH. LOOK FOR IT IN THE BULK-SPICE SECTION OF NATURAL-FOODS STORES, IN SPECIALTY FOODS STORES OR ONLINE.



Cajun Bean Soup

Southwest Bean Soup

ACTIVE: 30 min

TOTAL: 30 min

TO MAKE AHEAD: Refrigerate for up to 3 days.

- 2 tablespoons extra-virgin olive oil
- 1½ cups chopped onion
- 1 cup chopped poblano peppers
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried
- ¼ teaspoon salt
- 4 cups low-sodium chicken broth
- 1 15-ounce can black beans, rinsed
- 1 15-ounce can kidney beans, rinsed
- ¾ cup chopped cooked Mexican-style chorizo
- 1 cup corn kernels, fresh or frozen
- 1 cup chopped kale
- 1 tablespoon lime juice

1. Heat oil in a large pot over medium-high heat. Add onion, poblanos and garlic; cook, stirring occasionally, until the vegetables start to soften, 3 to 4 minutes. Stir in chili powder, oregano and salt; cook, stirring for 1 minute.
2. Add broth, black beans and kidney beans; bring to a boil. Reduce heat to a simmer, stir in chorizo; cover and cook until the vegetables are tender, about 10 minutes.
3. Stir in corn, kale and lime juice. Cover and cook 5 minutes more.

SERVES 6: about 1 cups each

CAL 258, FAT 9G (SAT 2G), CHOL 12MG, CARBS 32G, TOTAL SUGARS 6G (ADDED 0G), PROTEIN 14G, FIBER 9G, SODIUM 444MG, POTASSIUM 606MG.

Cajun Bean Soup

ACTIVE: 30 min

TOTAL: 30 min

TO MAKE AHEAD: Refrigerate for up to 3 days.

- 2 tablespoons extra-virgin olive oil
- 1½ cups chopped onion
- ½ cup chopped carrot
- ½ cup chopped celery
- 2 cloves garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried
- ¼ teaspoon salt
- 4 cups low-sodium chicken broth
- 1 15-ounce can black-eyed peas, rinsed
- 1 15-ounce can pinto beans, rinsed
- ¾ cup chopped andouille sausage
- 2 cups chopped collard greens
- 1 tablespoon red-wine vinegar

1. Heat oil in a large pot over medium-high heat. Add onion, carrot, celery and garlic; cook, stirring, until the vegetables start to soften, 3 to 4 minutes. Stir in paprika, oregano and salt; cook, stirring, for 1 minute.
2. Add broth, black-eyed peas and pinto beans; bring to a boil. Reduce heat to a simmer and stir in sausage; cover and cook until the vegetables are tender, about 10 minutes.
3. Stir in collards and vinegar. Cover and cook 5 minutes more.

SERVES 6: about 1 cups each

CAL 230, FAT 9G (SAT 2G), CHOL 19MG, CARBS 25G, TOTAL SUGARS 3G (ADDED 0G), PROTEIN 14G, FIBER 6G, SODIUM 478MG, POTASSIUM 533MG.

THIS HEALTHY CAJUN-INSPIRED BEAN SOUP FEATURES BLACK-EYED PEAS, COLLARDS AND A BIT OF ANDOUILLE SAUSAGE. SERVE IT WITH CORNBREAD AND PASS THE HOT SAUCE.



Brazilian Black Bean Soup

ACTIVE: 1 hr TOTAL: 1½ hrs

TO MAKE AHEAD: Refrigerate for up to 5 days; freeze for up to 6 months.

Brazil's cuisine often features smoky grilled meats, but this healthy vegetarian bean soup recipe is completely meat-free. Instead, blackened jalapeños, fire-roasted tomatoes and smoked paprika provide the Brazilian flair. A little molasses adds a sweet-toasty note.

- 2 jalapeño peppers
- 2 tablespoons extra-virgin olive oil
- 3 cups chopped onion
- 1½ cups diced carrot
- 5 cloves garlic, minced
- 4 cups low-sodium vegetable broth
- 4 15-ounce cans low-sodium black beans, rinsed
- 1 28-ounce can fire-roasted diced tomatoes
- 3 tablespoons molasses

- 2 tablespoons lime zest
- 5 tablespoons lime juice
- 1½ teaspoons ground cumin
- 1½ teaspoons smoked paprika
- 1 teaspoon cayenne pepper, or to taste
- 3 bay leaves
- 1 teaspoon salt
- ¾ teaspoon ground pepper
- 4 cups chopped kale
- Chopped scallions and chopped fresh tomato for garnish

1. Heat a medium skillet over high heat. Split jalapeños in half lengthwise, remove ribs and seeds, and place skin-side down in the pan. Carefully cover the pan with foil and cook until the skins are blackened, 7 to 10 minutes. Let cool, then dice.
2. Meanwhile, heat oil in a large pot over medium-high heat. Add onion and carrot and cook, stirring often, until starting to brown, 6 to 8 minutes. Reduce heat to medium and continue

- cooking, stirring often, until soft, 3 to 5 minutes more. Add garlic and the diced jalapeños and cook, stirring, for 1 minute more.
3. Stir in broth, scraping up any browned bits. Cover and bring to a boil over high heat. Add beans, tomatoes, molasses, lime zest and juice, cumin, paprika, cayenne, bay leaves, salt and pepper. Cover and return to a boil. Reduce heat to maintain a gentle simmer and cook, uncovered, for 30 minutes.
4. Remove bay leaves. Puree 4 cups of the soup in a blender (use caution when pureeing hot liquids), then stir it back into the pot. Stir in kale, cover, and simmer until tender, about 5 minutes. Serve garnished with scallions and tomatoes, if desired.

SERVES 8: about 1½ cups each

CAL 296, FAT 5G (SAT 1G), CHOL 0MG, CARBS 50G, TOTAL SUGARS 14G (ADDED 7G), PROTEIN 13G, FIBER 13G, SODIUM 716MG, POTASSIUM 776MG.

Braised Cabbage & Lima Beans over Toast

ACTIVE: 35 min TOTAL: 2¾ hrs
(plus overnight soaking)

TO MAKE AHEAD: Refrigerate beans and reserved cooking liquid (Step 1) separately for up to 3 days.

This simple homey dish is exactly what you need after a day of playing in the snow. Enjoy in front of a fire, with a hearty black lager alongside.

- 10 ounces dried lima beans (about 1½ cups), soaked overnight
- 3 tablespoons extra-virgin olive oil, divided
- 1 medium onion, coarsely chopped
- 6 cloves garlic, peeled
- Pinch of salt plus ½ teaspoon, divided
- 3 cups low-sodium vegetable broth

- 8 cups chopped green cabbage (1-inch pieces; about 1 small head)
- ½ teaspoon ground pepper plus cracked pepper to taste
- 6 ½-inch-thick slices dark rye or whole-wheat bread, toasted
- 6 tablespoons grated Pecorino Romano cheese

1. Drain the soaked beans and rinse. Place in a large pot and add enough water to cover by 2 inches. Bring to a boil over high heat. Adjust heat to maintain a gentle simmer, cover and cook until tender, 1½ to 2 hours. (Alternatively, cook beans in a pressure cooker or slow cooker.) Reserve 2 cups of the cooking liquid and drain the beans.

2. Heat 1 tablespoon oil in the pot over medium heat. Add onion,

garlic and a pinch of salt; cook, stirring occasionally, until the onion is starting to brown, 5 to 8 minutes. Stir in broth and the reserved cooking liquid, scraping up any browned bits. Stir in cabbage and ground pepper. Bring to a boil. Adjust heat to maintain a simmer, cover and cook until the cabbage is very tender, about 25 minutes. Season with the remaining ½ teaspoon salt.

3. Gently mix in the beans. Cover and simmer for 10 minutes. Serve the bean mixture over toast and top with the remaining 2 tablespoons oil, cheese and cracked pepper.

SERVES 6: 1¼ cups cabbage and beans and 1 slice toast each

CAL 364, FAT 10G (SAT 2G), CHOL 5MG, CARBS 55G, TOTAL SUGARS 10G (ADDED 0G), PROTEIN 16G, FIBER 14G, SODIUM 566MG, POTASSIUM 1,065MG.





CHAPTER 6

SEAFOOD WARMERS

These chowder and soup recipes
celebrate the ocean's best proteins.



Clam Chowder
with Fennel & Corn
2017-20





Brodetto di Pesce (Adriatic-Style Seafood Soup)

ACTIVE: 45 min TOTAL: 1¼ hrs

You will find versions of this hearty fish stew all along Italy's Adriatic coast. In Abruzzo, the stew is spiked with hot pepper and served with grilled or toasted bread to sop up the sauce.

- ¼ cup extra-virgin olive oil, plus more for serving
- 1 medium yellow or red onion, finely diced
- ⅓ cup finely diced celery
- ⅓ cup finely chopped flat-leaf parsley, plus more for serving
- 4 cloves garlic, lightly crushed, divided
- ½ teaspoon crushed red pepper
- ¾ cup dry white wine
- 3 sprigs fresh oregano
- 3 fresh bay leaves
- 2½ cups clam juice or seafood stock, divided

- 2 cups petite diced or crushed canned tomatoes
- 2 pounds littleneck clams, scrubbed
- 1 pound mussels, scrubbed
- 1 pound cleaned squid tubes or tentacles, tubes cut into rings
- 1 pound meaty white fish, such as cod, monkfish, rockfish, snapper or a combination, cut into 2-inch pieces
- 2 tablespoons lemon juice
- 8 diagonal slices whole-grain baguette (½-inch thick), plus more for serving

1. Cook oil, onion, celery, parsley, 3 cloves garlic and crushed red pepper in a large pot over medium-low heat, stirring occasionally, until the vegetables are very tender, about 15 minutes.
2. Increase heat to medium-high and add wine; cook for 1 minute. Add oregano and bay leaves; cook for 30 seconds. Add 2 cups

clam juice (or stock) and tomatoes and bring to a boil over high heat. Reduce heat to a simmer and cook until slightly thickened, 20 to 25 minutes.

3. Add clams and mussels; cover and cook 5 minutes. Add squid, fish and the remaining ½ cup clam juice (or stock). Cover and cook until the fish is just cooked through, 8 to 12 minutes. Remove from heat and gently stir in lemon juice.

4. Meanwhile, preheat broiler to high.

5. Place bread on a rimmed baking sheet and broil until lightly browned, 1 to 2 minutes. Immediately rub with the remaining garlic clove.

6. Place one slice of bread in each of 8 shallow bowls and top with the stew. Serve with more oil, parsley and bread, if desired.

SERVES 8: 1 cup stew & 1 slice bread each

CAL 334, FAT 10G (SAT 2G), CHOL 184MG, CARBS 26G, TOTAL SUGARS 4G (ADDED 0G), PROTEIN 31G, FIBER 2G, SODIUM 770MG, POTASSIUM 903MG.

Manhattan Cod Chowder

ACTIVE: 20 min TOTAL: 40 min

If you prefer a stronger-flavored fish in your chowder recipe, try salmon or swordfish instead of cod. Serve this chowder with oyster crackers, hot sauce and a baby kale Caesar salad.

- 2 tablespoons extra-virgin olive oil
- 1 cup chopped onion
- 1 cup chopped celery
- 2 cloves garlic, minced
- 2 tablespoons tomato paste
- 1½ teaspoons dried thyme
- 3 cups seafood broth
- 1 cup water
- 1 14-ounce can no-salt-added diced tomatoes
- 3 cups diced potatoes
- 1¼ pounds cod (see Tip), cut into bite-size chunks
- ½ teaspoon ground pepper
- ¼ teaspoon salt

1. Heat oil in a large saucepan over medium-high heat. Add onion, celery, garlic, tomato paste and thyme and cook, stirring, until the vegetables are just starting to brown, 3 to 5 minutes. Add broth, water, tomatoes (with juice) and potatoes; bring to a simmer over high heat. Reduce heat to maintain a simmer and cook until the potatoes are tender, 10 to 12 minutes. Add cod and cook, gently stirring occasionally, until just cooked through, 4 to 5 minutes more. Season with pepper and salt.

SERVES 5: about 2 cups each

CALORIES 226, FAT 6G (SAT 1G), CHOL 45MG, CARBS 24G, TOTAL SUGARS 6G (ADDED 0G), PROTEIN 19G, FIBER 4G, SODIUM 555MG, POTASSIUM 998MG.

Tip: Our favorite cod is U.S. Pacific cod from Alaskan waters; other West Coast cod and some Atlantic cod (sometimes called scrod) can also be sustainable choices. For the most up-to-date information about choosing sustainable seafood, visit seafoodwatch.org.





Moqueca (Seafood & Coconut Chowder)

ACTIVE: 30 min TOTAL: 30 min

This seafood stew from Salvador de Bahia, Brazil, reflects the region's diverse population and history. It merges the African ingredients of dendê (red palm oil) and coconut milk with indigenous traditions of preparing seafood in clay pots over coals.

- 1 pound fresh crabmeat (preferably claw meat), cleaned and picked over
- 1 pound raw shrimp (16-20 per pound), peeled and deveined if desired
- ¼ cup lemon juice
- 1½ tablespoons dendê (red palm oil or canola oil)
- 3 cups sliced red bell peppers
- 2½ cups sliced green bell peppers
- 2 ½ cups sliced red onions
- ½ cup minced fresh cilantro, plus more for garnish
- 4 large cloves garlic, minced
- ¼ cup tomato paste
- ¾ teaspoon salt
- ¾ teaspoon ground pepper
- 2 14-ounce cans coconut milk

- 2 cups clam juice or fish stock
- 4 cups cooked brown rice

1. Combine crab, shrimp and lemon juice in a medium bowl.
2. Heat oil in a large pot over medium-high heat. Add red peppers, green peppers and onions; cook, stirring occasionally, until beginning to soften, about 4 minutes. Add cilantro, garlic, tomato paste, salt and pepper; cook, stirring, for 1 minute. Add coconut milk and clam juice (or fish stock) and bring to a simmer. Reduce heat to maintain a simmer, cover and cook until the peppers are softened, 8 to 10 minutes.
3. Add the crab and shrimp and return to a simmer over medium heat. Cover and cook until the shrimp is cooked through, 3 to 4 minutes more. Serve the chowder over rice. Garnish with cilantro, if desired.

SERVES 8: 1 cups chowder & ½ cup rice each

CAL 485, FAT 26G (SAT 20G), CHOL 112MG, CARBS 39G, TOTAL SUGARS 5G (ADDED 0G), PROTEIN 28G, FIBER 5G, SODIUM 686MG, POTASSIUM 997MG.



YOU CAN USE ANY KIND OF FISH TO MAKE THIS FISH AND CORN CHOWDER, BUT TRY TO AVOID FULL-FLAVORED VARIETIES SUCH AS MACKEREL OR BLUEFISH; THESE CAN OVERWHELM THE SOUP.





Fish Chowder with Fennel & Corn

ACTIVE: 40 min TOTAL: 1 hr

TO MAKE AHEAD: Refrigerate for up to
2 days.

- 2 ounces bacon, diced
- 1 small onion, diced
- 1 small fennel bulb, cored and
diced, plus fronds for garnish
- 1 medium shallot, diced
- 1 stalk celery, diced, plus tender
green leaves for garnish
- 1 cup fresh corn kernels (1-2 ears)
- 1½ teaspoons fresh thyme leaves,
chopped
- ½ teaspoon ground white pepper
- 2 tablespoons all-purpose flour
- 4 cups fish stock
- 1 pound russet potatoes, peeled
and diced
- 1 cup heavy cream
- 2 pounds skinned fish, cut into
1-inch pieces
- Dash of Tabasco, or to taste
- 1 teaspoon Worcestershire
sauce
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper
- Piment d'Espelette for garnish

1. Cook bacon in a large pot over me-
dium heat, stirring occasionally, until
the fat has rendered, about 5 min-
utes. Remove the bacon with a slot-
ted spoon to a small bowl. Add onion,
fennel, shallot, celery, corn, thyme
and white pepper to the pot; cook,
stirring occasionally, until the veg-
etables have softened, 3 to 5 minutes.
Stir in flour to coat and cook, stirring,
for 1 to 2 minutes, then stir in stock.
Bring to a simmer. Add potatoes and
cook until they are tender and the
broth has thickened, 18 to 22 minutes.
2. Stir in cream and return to a
simmer. Add fish, partially cover,
and cook until the fish is just cooked
through, about 5 minutes. Stir in
Tabasco, Worcestershire, salt and
pepper.
3. Serve the soup topped with fennel
fronds, celery leaves, the reserved
bacon and piment d'Espelette, if
desired.

SERVES 6: 1½ cups each

CAL 420, FAT 19G (SAT 10G), CHOL 161MG,
CARBS 27G, TOTAL SUGARS 6G (ADDED 0G),
PROTEIN 37G, FIBER 3G, SODIUM 564MG,
POTASSIUM 1,519MG.



Lobster & Corn Chowder

ACTIVE: 1 hr 10 min

TOTAL: 1 hr 10 min

TO MAKE AHEAD: Refrigerate for up to 1 day; reheat slowly over low heat.

The trick to giving this healthy lobster chowder recipe tons of rich flavor is to start with great fish stock. (The best is often in the freezer case at the supermarket.) Then cook the lobsters in the stock to intensify the flavor. There is no flour added in this healthy soup, so it's lighter than a typical creamy chowder—plus it's gluten-free.

- 4 cups fish stock, seafood broth or fish broth
- 4 cups water
- 2 1¼- to 1½-pound live lobsters
- 1 tablespoon butter

- 1 tablespoon extra-virgin olive oil
- 3 small or 2 large leeks, white and pale green parts only, halved lengthwise, rinsed and thinly sliced
- 2 large waxy potatoes, such as Yukon Gold, peeled and cut into ½-inch cubes
- 3 large ears fresh corn, husked, or 3 cups frozen corn kernels
- 1 cup heavy cream or half-and-half
- ½ cup minced fresh chives, divided
- ¾ teaspoon ground pepper
- ½ teaspoon salt

1. Bring stock (or broth) and water to a boil in a large stockpot.
2. Very carefully remove the rubber bands from lobsters (pay

attention; they will start trying to pinch). Place the lobsters clawside down in the pot, cover and cook for 5 minutes. Uncover, carefully flip the lobsters over, cover and cook for 5 minutes more. Remove the lobsters to a large bowl and let cool. (Reserve the stock.)

3. Working over a large bowl to catch the lobster juice, cut open the tails with kitchen shears. Insert a fork into a tail on an angle and pull out the meat. Crack open the claws with a lobster cracker or nutcracker and remove the meat from the claws and knuckles. (The meat will not be fully cooked.) Cut the meat into 1-inch pieces; set aside in the bowl. Remove the thin legs from the body, break in half and add to the stock.

4. Meanwhile, heat butter and oil in a large pot over medium-low heat. Add leeks and cook, stirring occasionally, until very soft but not browned, about 10 minutes. Add potatoes and cook for 5 minutes. Increase heat to high and add the reserved stock (with the legs) and any reserved lobster juice; bring to a boil. Reduce heat to maintain a gentle simmer, cover and cook until the potatoes are almost tender, 10 to 12 minutes more.

5. If using fresh corn, cut the ends so you can stand the cob flat on a work surface. Using a large, sharp knife and standing each cob on its end in a large shallow dish, cut the kernels from the cob. Then, using the blunt side of the knife, scrape down the cob to release the corn "milk." Repeat with the remaining ears of corn.

6. Stir the corn kernels and corn milk (or frozen corn), reserved lobster meat and its juice, cream (or half-and-half), ¼ cup chives, pepper and salt into the pot. Cook over medium-low heat until steaming hot and gently simmering, 5 to 6 minutes. Serve topped with the remaining ¼ cup chives.

SERVES 6: 1¾ cups each

CAL 426, FAT 22G (SAT 11G), CHOL 124MG, CARBS 43G, TOTAL SUGARS 9G (ADDED 0G), PROTEIN 18G, FIBER 4G, SODIUM 691MG, POTASSIUM 997MG.

White Bean Soup with Tomato & Shrimp

ACTIVE: 25 min TOTAL: 45 min

With capers and olives, this heart-healthy soup draws inspiration from Italian puttanesca sauce. Serve with crusty whole-grain bread to soak up the broth.

- 3 tablespoons extra-virgin olive oil
- 1 pound raw shrimp (26-30 per pound), peeled and deveined
- 1 teaspoon ancho chile powder
- $\frac{1}{2}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon ground pepper, divided
- 1 medium onion, diced
- 3 cloves garlic, minced
- $\frac{1}{4}$ teaspoon crushed red pepper

- 1 28-ounce can no-salt-added whole peeled tomatoes
- 2 cups unsalted chicken broth
- 1 14-ounce can no-salt-added white beans
- 2 ounces small whole-wheat pasta, such as orzo
- $\frac{1}{4}$ cup pitted Kalamata olives, chopped
- 2 tablespoons capers, rinsed and chopped
- Chopped fresh parsley for garnish

1. Heat oil in a large pot over medium-high heat. Add shrimp and sprinkle with chile powder and $\frac{1}{4}$ teaspoon each salt and pepper. Cook, stirring occasionally, until just cooked through, about 3 minutes. Remove with a slotted spoon to a clean plate.
2. Add onion and the remaining $\frac{1}{4}$ teaspoon each salt and pepper

to the pan. Cook, stirring often, until translucent, 3 to 4 minutes. Stir in garlic and crushed red pepper and cook until fragrant, about 30 seconds. Add tomatoes and broth and bring to a boil. Adjust heat to maintain a simmer, cover and cook for 10 minutes.

3. Roughly mash the tomatoes with a potato masher, leaving some chunks. Stir in beans and mash some, leaving most whole. Return to a boil over high heat. Add pasta and cook, uncovered and stirring occasionally, until the pasta is just tender, 8 to 10 minutes.

4. Stir in the shrimp, olives and capers. Serve the soup topped with parsley, if desired.

SERVES 6: $1\frac{1}{4}$ cups each

CAL 266, FAT 11G (SAT 2G), CHOL 90MG, CARBS 23G, TOTAL SUGARS 3G (ADDED 0G), PROTEIN 19G, FIBER 5G, SODIUM 496MG, POTASSIUM 619MG.





Slow Cooker
Curried Butternut
Squash Soup
page 66

CHAPTER 7

PLUG IT IN

No stove burners required. These easy recipes make use of your slow cooker or multicooker (hello, Instant Pot) for prep-friendly meals.





Slow Cooker Cabbage Soup with Sherry

ACTIVE: 20 min **TOTAL:** 4 hrs 20 min
TO MAKE AHEAD: Prepare through Step 1. Transfer the mixture to the slow cooker insert and add broth, tomatoes, cabbage and potatoes. Cover and refrigerate overnight. When ready to cook, stir in barley, salt and crushed red pepper and cook as directed. Refrigerate the finished soup, covered, for up to 5 days.

Sherry adds sweetness and flavor to this slow cooker vegetarian cabbage soup. It's balanced nicely by the crushed red pepper, fire-roasted tomatoes and a pop of acidity from the sherry vinegar. Potatoes give the soup heft and substance.

- 2 tablespoons extra-virgin olive oil**
- 3 large carrots, diagonally sliced (¼-inch)**
- 1 medium leek, sliced**
- 2 medium celery stalks, diagonally sliced (¼-inch)**
- 3 cloves garlic, minced**
- 1 teaspoon chopped fresh thyme**
- ¾ cup dry sherry**
- 8 cups reduced-sodium vegetable broth**
- 1 (15-ounce) can no-salt-added fire-roasted diced tomatoes**
- 8 cups chopped green cabbage**

- 1 pound baby Yukon Gold potatoes, peeled and cubed (1-inch)**
- ⅓ cup pearl barley**
- ½ teaspoon salt**
- ¼ teaspoon crushed red pepper**
- 1 tablespoon sherry vinegar**
- Chopped fresh flat-leaf parsley for garnish**

1. Heat oil in a large skillet over medium-high heat. Add carrots, leek, celery and garlic; cook, stirring often, until tender, about 5 minutes. Add thyme; cook, stirring often, until fragrant, about 1 minute. Add sherry; bring to a boil. Boil, undisturbed, until reduced by half, 1 to 2 minutes. Remove from heat; transfer the mixture to a 6-quart slow cooker.

2. Add broth and tomatoes to the slow cooker; stir well to combine. Stir in cabbage, potatoes, barley, salt and crushed red pepper. Cover and cook on High until the cabbage is tender and the potatoes are cooked through, about 4 hours. Stir in sherry vinegar.

3. Divide the soup evenly among 6 bowls; garnish with parsley, if desired. Serve immediately.

SERVES 6: about 2 cups

CAL 248, FAT 5G (SAT 1G, MONO 3G), CHOL 0MG, CARBS 41G, TOTAL SUGARS 9G (ADDED 8G), PROTEIN 5G, FIBER 8G, SODIUM 464MG, POTASSIUM 425MG.



FOR AN EASY, HOMEMADE CHICKEN BROTH, TURN TO THE RECIPE ON PAGE 96.

Instant Pot Potato Soup

ACTIVE: 20 min TOTAL: 40 min

TO MAKE AHEAD: Refrigerate soup for up to 3 days. Reheat before serving.

EQUIPMENT: Electric pressure cooker (multicooker)

- 1 tablespoon butter
- 2 slices bacon, halved
- ½ cup chopped onion
- 1½ pounds russet potatoes (2 large), peeled and diced
- 2 cups low-sodium chicken broth
- ½ cup sour cream
- ½ cup shredded extra-sharp Cheddar cheese, divided

- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup chopped scallion greens or chives

1. Place butter in a multicooker; heat on sauté mode until melted. Add bacon and cook, turning occasionally, until crisp, 4 to 5 minutes. Transfer to a paper towel to drain, leaving the butter and bacon drippings in the pot. Add onion to the multicooker and cook, stirring, until starting to soften, 2 to 3 minutes. Add potatoes and broth. Turn off the heat. Close and lock the lid. Cook at high pressure for 10 minutes.

2. Release the pressure. Puree the soup with an immersion blender until almost smooth, but still a little chunky. (Alternatively, puree the soup in a food processor or blender. Use caution when blending hot liquids.) Add sour cream and stir until smooth. Stir in ¼ cup cheese, salt and pepper. Stir until the cheese has melted. Serve, garnished with the crumbled bacon, the remaining ¼ cup cheese and scallion greens (or chives).

SERVES 5: 1 cup each

CAL 87, FAT 4G (SAT 2G), CHOL 11MG, CARBS 10G, TOTAL SUGARS 1G (ADDED 0G), PROTEIN 3G, FIBER 1G, SODIUM 146MG, POTASSIUM 255MG.



Slow Cooker Curried Butternut Squash Soup

ACTIVE: 10 min TOTAL: 3 hrs
45 min

TO MAKE AHEAD: Refrigerate
soup for up to 4 days. Reheat
before serving.

*Skip the roasting in this
butternut squash soup recipe
and let your slow cooker
do the work instead. Just load
up the ingredients in the
cooker, set it and forget it
for an easy, healthy dinner
or packable lunches.*

1 medium butternut squash
(2-2½ pounds), peeled,
seeded and cubed
(about 5 cups)

3 cups "no-chicken" broth
or vegetable broth

1 medium onion, chopped

4 teaspoons curry powder

½ teaspoon garlic powder

¾ teaspoon salt

1 14-ounce can coconut
milk

1-2 tablespoons lime juice,
plus wedges for serving
Chopped fresh cilantro
for garnish

Stir squash, broth, onion, curry
powder, garlic powder and
salt together in a 5-quart slow
cooker. Cover and cook until
the vegetables are very tender,
7 hours on Low or 3½ hours on
High. Turn off heat and stir in
coconut milk and lime juice to
taste. Puree with an immersion
blender until smooth. Garnish
with cilantro.

SERVES 8: about 1 cup each

CAL 153, FAT 11G (SAT 9G), CHOL 0MG,
CARBS 15G, TOTAL SUGARS 3G
(ADDED 0G), PROTEIN 2G, FIBER 3G,
SODIUM 424MG, POTASSIUM 453MG.



Instant Pot Lasagna Soup

ACTIVE: 25 min TOTAL: 35 min

EQUIPMENT: Electric pressure cooker (multicooker)

This satisfying and hearty soup has all the flavors of lasagna, but without the fuss of layering ingredients in a baking dish and waiting for the lasagna to bake. Just top the soup with ricotta and Parmesan and enjoy!

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, minced
- ½ pound chicken or turkey sausage, removed from casing, if necessary
- 1 28-ounce can no-salt-added crushed tomatoes
- 2 cups low-sodium vegetable broth or chicken broth
- 2 cups water
- 6 ounces whole-wheat lasagna noodles, broken into smaller pieces
- ¼ cup chopped fresh basil, plus more for garnish
- 3 tablespoons tomato paste
- 1 tablespoon balsamic vinegar
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ½ cup part-skim ricotta cheese
- 4 tablespoons Parmesan cheese
- Ground pepper, for garnish

1. Heat oil in a multicooker on sauté mode until hot. Add onion and garlic and cook, stirring often, until fragrant and translucent, 4 to 5 minutes. Stir in sausage and continue to cook, breaking the sausage apart with a wooden spoon, until browned and cooked through, 4 to 5 minutes.
2. Add tomatoes, broth, water, noodles, basil, tomato paste, vinegar, oregano and salt. Close and lock the lid of the multicooker and cook on high pressure for 4 minutes. Let the pressure release naturally for 5 minutes, then release the remaining pressure manually.
3. Divide the soup among 4 bowls. Top each with 2 tablespoons ricotta and 1 tablespoon Parmesan. Garnish with basil and pepper, if desired.

SERVES 4: generous 2 cups each

CAL 443, FAT 13G (SAT 4G, MONO 4G), CHOL 58MG, CARBS 54G, TOTAL SUGARS 13G (ADDED 0G), PROTEIN 24G, FIBER 7G, SODIUM 805MG, POTASSIUM 879MG.



Slow Cooker Mediterranean Chicken & Chickpea Soup

ACTIVE: 20 min TOTAL: 4 hrs 20 min
to 8 hrs 20 min (plus overnight
soaking)

EQUIPMENT: 6-qt. or larger slow
cooker

- 1½ cups dried chickpeas,
soaked overnight
- 4 cups water
- 1 large yellow onion, finely
chopped
- 1 15-ounce can no-salt-added
diced tomatoes, preferably
fire-roasted
- 2 tablespoons tomato paste
- 4 cloves garlic, finely chopped
- 1 bay leaf
- 4 teaspoons ground cumin
- 4 teaspoons paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground pepper
- 2 pounds bone-in chicken
thighs, skin removed,
trimmed
- 1 14-ounce can artichoke
hearts, drained and
quartered
- ¼ cup halved pitted oil-cured
olives
- ½ teaspoon salt
- ¼ cup chopped fresh parsley
or cilantro

1. Drain chickpeas and place in a 6-quart or larger slow cooker. Add 4 cups water, onion, tomatoes and their juice, tomato paste, garlic, bay leaf, cumin, paprika, cayenne and ground pepper; stir to combine. Add chicken.
2. Cover and cook on Low for 8 hours or High for 4 hours.
3. Transfer the chicken to a clean cutting board and let cool slightly. Discard bay leaf. Add artichokes, olives and salt to the slow cooker and stir to combine. Shred the chicken, discarding bones. Stir the chicken into the soup. Serve topped with parsley (or cilantro).

SERVES 6: about 2 cups each
CAL 446, FAT 15G (SAT 3G), CHOL 77MG,
CARBS 43G, TOTAL SUGARS 9G (ADDED
0G), PROTEIN 34G, FIBER 12G, SODIUM
762MG, POTASSIUM 609MG.

+

THIS SET-IT-AND-FORGET-IT SLOW COOKER RECIPE SIMMERS AWAY ALL DAY SO YOU COME HOME TO A WARM AND HEALTHY DINNER THE WHOLE FAMILY WILL LOVE.



Slow Cooker Chicken & Wild Rice Soup with Asparagus & Peas

ACTIVE: 30 min TOTAL: 3½ hrs to 6½ hrs

EQUIPMENT: 5- to 6-qt. slow cooker

Adding the asparagus and peas to the slow cooker for the last 20 minutes of cooking and leaving the lid off ensures that the vegetables stay bright green and are perfectly done without getting mushy.

- 2 tablespoons extra-virgin olive oil, divided
- 1¼ pounds bone-in chicken thighs, skin removed
- 7 cloves garlic, divided
- 6 cups unsalted chicken broth
- 1 medium leek, white and pale green parts only, sliced
- 1 large carrot, halved lengthwise and sliced ¼-inch thick

- ½ cup wild rice
- 1¼ teaspoons kosher salt
- ¾ teaspoon ground pepper
- 8 ounces asparagus, trimmed and cut into 1-inch pieces
- 1½ cups English peas, fresh or frozen (thawed)
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh chives
- 1 tablespoon lemon juice
- 8 ½-inch-thick slices whole-wheat baguette, toasted

1. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add chicken and cook, turning once, until deep golden brown, about 5 minutes total. Transfer to a 5- to 6-quart slow cooker. Finely chop 6 garlic cloves and add to the slow cooker along with broth, leek, carrot, wild rice, salt and pepper.

2. Cover and cook until the chicken is cooked through and the rice is tender, 3 hours on High or 6 hours on Low. Transfer the chicken to a clean cutting board and shred into bite-size pieces; discard bones.

3. Add asparagus and peas to the slow cooker; cook on High, uncovered, until the vegetables are bright green and tender, 15 to 20 minutes. Stir in the shredded chicken, parsley, chives and lemon juice.

4. Halve the remaining garlic clove and rub the cut sides over both sides of toasts. Drizzle the toasts with the remaining 1 tablespoon oil. Serve the soup with the toasts.

SERVES 8: 1¼ cups soup & 1 toast each

CAL 322, FAT 8G (SAT 2G), CHOL 36MG, CARBS 44G, TOTAL SUGARS 5G (ADDED 0G), PROTEIN 20G, FIBER 4G, SODIUM 731MG, POTASSIUM 355MG.



Prep and Pack

Start on your slow cooker or multicooker recipes ahead of time and stash ingredients in the freezer for easy make-ahead dinners.

BY HILARY MEYER

The slow cooker is the reigning king of convenience. In the morning, you chop up some veggies, add a protein (or not), throw it all in your slow cooker and press start. And voilà! After a long, busy day, a healthy meal is ready. And multicookers such as the Instant Pot load in all of the convenience and flavor in just 30 minutes or less.

Well, we're about to make it even easier. You can skip the morning chopping and just go straight to pressing the start button. (Who wants to chop onions and drink coffee at the same time, anyway?) How? By making a freezer pack! Full disclosure: You're not actually skipping the chopping and prepping, just moving it to a time that's more convenient, like the weekend or an evening after the kids are asleep. Hello, Meal-Prep Sunday!

You can make virtually any slow cooker or multicooker recipe work as long as you follow a few simple meal-prep guidelines.

STEP 1: PREP YOUR INGREDIENTS

Think of this as the investment stage of the process. You are simply chopping and getting your ingredients ready to cook, except they're going to hit the freezer first. You can do all of the prep for these chicken noodle soup freezer packs in under 30 minutes, which makes it a great quick project to hammer out during nap time or a quiet Sunday afternoon.

STEP 2: PACK IT UP

Once all of your ingredients are prepped, it's time to bag them up. You may need to freeze your meal in more than one bag depending on the recipe. If ingredients go into the slow cooker together, pack them up in the same bag. But if some ingredients are added later, you'll want to pack them up in a separate bag.

For our chicken noodle soup, we bagged the chicken, onion, carrot and celery together since they all go in the slow cooker at the same time. The peas are added toward the end, so they have their own bag. Same with the pasta.

Once frozen, your slow cooker freezer meal can be stored for up to three months.

STEP 3: THAW & COOK

So, you're ready to cook your easiest meal ever! Although it would be nice to just dump your frozen meal directly into your appliance, resist the urge! Putting frozen ingredients into the slow cooker and pressing the start button exposes your food to too much time in the "danger zone" (between the temperatures of 40°F and 140°F, the range at which bacteria are most likely to flourish). You'll have to thaw your meal first. You can do this with a little planning by thawing your freezer pack in the refrigerator for a day before you plan to cook the meal. Then, follow the cooking instructions for the recipe as usual.







Instant Pot Split Pea & Ham Soup Freezer Pack

ACTIVE: 15 min TOTAL: 1¼ hrs

TO MAKE AHEAD: Prepare through Step 1 and freeze for up to 3 months.

EQUIPMENT: Electric pressure cooker (multicooker)

Freezing the ingredients in a round container creates the perfect fit for an easy transfer into your pressure cooker without having to thaw first.

- 2 medium carrots, sliced (about ¾ cup)
- 2 stalks celery, diced
- 1 large onion, chopped (about 1 cups)
- 3 garlic cloves, minced
- ¼ teaspoon ground pepper
- ¼ teaspoon salt
- 4 ounces ham, diced
- 1¾ cups dry split peas
- 3 cups low-sodium chicken broth

- 3 cups water
- Splash of sherry vinegar (optional)

1. To prep and freeze: Combine carrots, celery, onion, garlic, pepper and salt in a 64-ounce round, freezer-safe container. Layer the ham on top, then the split peas. Seal and freeze until ready to use, up to 3 months.
2. To cook: Let the soup mix stand at room temperature for 10 minutes. Invert the frozen soup mixture into a multicooker (the split peas should be at the bottom of the pot). Add broth and water. Lock lid in place and cook at high pressure for 30 minutes. Allow the pressure to release naturally. Stir in the vinegar, if using. Serve immediately.

SERVES 8: 1 cup each

CAL 206, FAT 2G (SAT 1G, MONO 1G), CHOL 8MG, CARBS 32G, TOTAL SUGARS 5G (ADDED 0G), PROTEIN 16G, FIBER 12G, SODIUM 316MG, POTASSIUM 585MG.



VEGETARIAN LENTILS AND VEGAN COCONUT MILK MAKE THIS SOUP CREAMY AND PACK IN PLENTY OF PLANT-BASED PROTEIN AND A HEARTY AMOUNT OF FIBER. TO KEEP IT VEGAN, OPT FOR VEGETABLE BROTH INSTEAD OF CHICKEN BROTH.



Slow Cooker Creamy Lentil Soup Freezer Pack

ACTIVE: 25 min TOTAL: 4 hr 25 min

TO MAKE AHEAD: Prepare through Step 1 and freeze for up to 6 months. Continue with recipe. Refrigerate soup for up to 4 days or freeze for up to 4 months. Reheat before serving.

- 1 cup green or brown lentils, picked over and rinsed
- 1 cup chopped onions
- 1 cup diced carrots
- 2 tablespoons finely chopped garlic
- 2 teaspoons ground coriander
- 2 bay leaves
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon ground pepper
- ¼ teaspoon cayenne pepper
- 4 cups reduced-sodium chicken broth or vegetable broth
- 2 cups coarsely chopped spinach
- 1 15-ounce can diced tomatoes
- ⅔ cup "lite" coconut milk
- ¼ chopped fresh parsley
- 1 tablespoon white-wine vinegar
- ½ teaspoon salt

1. To prepare freezer pack: Combine lentils, onions, carrots, garlic, coriander, bay leaves, cumin, oregano, pepper and cayenne in a sealable plastic bag. Seal and freeze for up to 6 months.
2. To prepare soup: Empty the freezer bag into a 6-quart slow cooker. Add broth. Cover and cook on High for 4 hours or Low for 8 hours.
3. Discard bay leaves. Transfer half of the soup to a blender and puree. (Use caution when blending hot liquids.) Return the pureed soup to the slow cooker and stir in spinach, tomatoes, coconut milk, parsley, vinegar and salt; heat through.

SERVES 4: 1¾ cups each

CAL 320, FAT 6G (SAT 3G, MONO 1G), CHOL 0MG, CARBS 46G, TOTAL SUGARS 9G (ADDED 0G), PROTEIN 20G, FIBER 15G, SODIUM 619MG, POTASSIUM 1,000MG.



Slow Cooker Chicken Noodle Soup Meal-Prep Freezer Pack

ACTIVE: 25 min TOTAL: 4½ hrs

TO MAKE AHEAD: Freeze the prepared bags (Step 1) for up to 3 months. Defrost in the refrigerator for 1 day before cooking (Step 2). *Not only does this recipe utilize the slow cooker for a set-it-and-forget-it easy dinner, you can also prep the ingredients ahead of time, store them in the freezer and pull them out on a day when you have forgotten to plan dinner.*

- 8 ounces whole-wheat egg noodles or other whole-wheat noodles
- 3 pounds bone-in chicken breast, skin removed
- 2 cups chopped onion
- 1 cup chopped carrot
- 1 cup chopped celery
- 2 sprigs thyme
- 8 cups low-sodium chicken broth
- 2 teaspoons kosher salt
- 2 cups frozen peas
- ¼ cup chopped fresh dill, plus more for garnish
- 2 tablespoons lemon juice

1. Cook noodles according to package directions. Drain and rinse with cold water to cool.
2. Meanwhile, place chicken, onion, carrot, celery and thyme in a sealable gallon-size freezer bag. Place the cooled noodles in a separate sealable gallon-size freezer bag. Freeze both bags until ready to use. Let the bags defrost in your refrigerator for 1 day before cooking.
3. Combine the chicken mixture, broth and salt in a 6-quart slow cooker (reserve the noodles). Cook on High for 4 hours or Low for 8 hours. Add peas during the last 10 minutes of cooking.
4. Transfer the chicken to a clean cutting board. When the chicken is cool enough to handle, remove the meat from the bones and shred into bite-size pieces. Stir the chicken into the soup along with the noodles, dill and lemon juice. Garnish with more dill, if desired.

SERVES 8: about 2 cups each

CAL 327, FAT 5G (SAT 1G), CHOL 68MG, CARBS 33G, TOTAL SUGARS 6G (ADDED 0G), PROTEIN 36G, FIBER 5G, SODIUM 678MG, POTASSIUM 610MG.





Fagioli Soup Freezer Pack

ACTIVE: 15 min TOTAL: 8¼ hrs

TO MAKE AHEAD: Prepare through Step 1 and freeze for up to 5 days.

If you keep a special bottle of olive oil on hand for standout dishes, this is the recipe to pull it out for. The headiness of the fruity olive oil truly elevates the flavors in this Italian meal-prep slow cooker soup.

- 2 cups chopped onions
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 pound cooked chicken thighs, diced
- 4 cups cooked whole-wheat rotini pasta
- 6 cups reduced-sodium chicken broth
- 4 teaspoons dried Italian seasoning
- ¼ teaspoon salt
- 1 14-ounce can no-salt-added white beans, rinsed
- 4 cups baby spinach (about half of a 5-ounce box)
- 4 tablespoons chopped basil, divided (optional)
- 2 tablespoons best-quality extra-virgin olive oil
- ½ cup grated Parmigiano-Reggiano cheese

1. Place onions, carrots and celery in a large sealable plastic bag. Place cooled cooked chicken and cooked pasta together in another bag. Seal both bags and freeze for up to 5 days. Defrost the bags in the refrigerator overnight before proceeding.

2. Transfer the vegetable mixture to a large slow cooker. Add broth, Italian seasoning and salt. Cover and cook on Low for 7¼ hours.

3. Add beans, spinach, 2 tablespoons basil, if using, and the defrosted chicken and pasta. Cook for 45 minutes more. Ladle the soup into bowls. Drizzle a little oil into each bowl and top with cheese and the remaining 2 tablespoons basil, if desired.

SERVES 6: 2 cups each

CAL 457, FAT 18G (SAT 4G, MONO 8G), CHOL 72MG, CARBS 42G, TOTAL SUGARS 4G (ADDED 0G), PROTEIN 34G, FIBER 8G, SODIUM 653MG, POTASSIUM 883MG.

Italian
Wedding Soup
page 82





CHAPTER 8

MEAT-BASED FARE

From full-flavored sausages to lean shredded turkey, these soup recipes make poultry and meat the stars.





Split Pea Soup with Chorizo

ACTIVE: 35 minutes

SLOW-COOKER TIME: 4-8 hrs

TO MAKE AHEAD: Refrigerate for up to 3 days.

EQUIPMENT: 5- to 6-quart slow cooker

For this easy slow cooker split pea soup, look for raw smoky, spicy chorizo. If you aren't able to find raw chorizo, either Italian sausage or merguez makes a fine substitute.

4 cups low-sodium chicken broth

4 cups water

1 pound Yukon Gold potatoes, diced

2 cups yellow split peas

1 large onion, diced

2 large carrots, sliced

6 cloves garlic, finely chopped

1 tablespoon paprika

2 teaspoons dried oregano

$\frac{3}{4}$ teaspoon salt, divided

1 pound fresh chorizo

$\frac{1}{2}$ teaspoon ground pepper

Microgreens or sprouts for garnish

1. Combine broth, water, potatoes, split peas, onion, carrots, garlic, paprika, oregano and $\frac{1}{2}$ teaspoon salt in a 5- to 6-quart slow cooker.

Cook on High for 4 hours or Low for 8 hours.

2. A few minutes before serving, remove chorizo from its casing and crumble into a large skillet. Cook over medium heat, stirring and crumbling with a spoon, until cooked through, 3 to 5 minutes. Stir the chorizo into the soup along with pepper and the remaining $\frac{1}{4}$ teaspoon salt. Garnish with microgreens (or sprouts), if desired.

SERVES 8: $1\frac{1}{4}$ cups each

CAL 503, FAT 24G (SAT 7G), CHOL 40MG, CARBS 50G, TOTAL SUGARS 4G (ADDED 0G), PROTEIN 23G, FIBER 15G, SODIUM 513MG, POTASSIUM 901MG.

Sopa de Albóndigas (Honduran-Style Meatball Soup)

ACTIVE: 55 min TOTAL: 1 hr 5 min
TO MAKE AHEAD: Prepare through
Step 2 and refrigerate meatballs
for up to 1 day.

*While meatball soup can be traced
back to ancient Persia, Spanish
colonizers brought it to the Ameri-
cas. In Honduras, this soup is made
with chayote, tomatoes, potatoes
and zucchini. Serve it with a salad
for a full meal.*

MEATBALLS

- 1 pound 85%-lean
ground beef
- 2 large eggs, lightly beaten
- cup panko breadcrumbs,
preferably whole wheat
- 2 teaspoons dried Mexican
oregano
- 1 teaspoon ground cumin
- 1 teaspoon ground pepper
- $\frac{1}{4}$ teaspoon salt

SOUP

- 1 tablespoon extra-virgin
olive oil
- cup minced white onion
- 2 large cloves garlic, minced
- $1\frac{1}{2}$ cups peeled, seeded and
diced chayote or summer
squash
- 1 cup peeled and diced Yukon
Gold potato
- $\frac{3}{4}$ cup diced carrot
- 2 tablespoons tomato paste
- 1 15-ounce can no-salt-added
diced tomatoes
- 4 cups low-sodium beef broth
- 1 cup diced zucchini
- $\frac{3}{4}$ teaspoon salt
- 2 tablespoons minced fresh
flat-leaf parsley

1. To prepare meatballs:
Combine beef, eggs, panko,
oregano, cumin, pepper and
 $\frac{1}{4}$ teaspoon salt in a large bowl.
Let stand for 10 minutes at
room temperature.
2. Meanwhile, bring 2 quarts
of water to a simmer in a large
saucepan over high heat. Form
the beef mixture into 32 balls,
about 1 tablespoon each. Add
half the meatballs to the
simmering water and cook for

- 3 minutes. Use a slotted spoon to
transfer them to a plate. Repeat
with the remaining meatballs.
3. To prepare soup: Heat oil in
a large pot over medium-high
heat. Add onion and garlic; cook,
stirring, until fragrant, 1 to 2
minutes. Add chayote (or summer
squash), potato and carrot; cook,
stirring occasionally, until the
vegetables begin to soften, about
3 minutes. Add tomato paste
and cook, stirring constantly, until
the vegetables are coated, about

- 1 minute. Add tomatoes and their
juice; cook, stirring, for 1 minute.
Add broth, zucchini, salt and the
meatballs. Bring to a boil, then
reduce heat to maintain a simmer.
Cook, stirring occasionally, until
the meatballs are cooked through,
about 10 minutes. Remove from
heat and stir in parsley.

SERVES 6: 1 cups each

CAL 329, FAT 17G (SAT 6G), CHOL 113MG,
CARBS 21G, TOTAL SUGARS 6G (ADDED
0G), PROTEIN 23G, FIBER 4G, SODIUM
585MG, POTASSIUM 747MG.





+

CHEF HUGH ACHESON PUTS HIS UNIQUE SPIN ON GUMBO BY MIXING UNTRADITIONAL SPICES LIKE ALLSPICE AND CORIANDER WITH MUST-HAVE THYME AND FILÉ POWDER. ALSO CALLED GUMBO FILÉ, FILÉ POWDER IS THE FINELY GROUND LEAVES OF THE SASSAFRAS TREE; LOOK FOR IT IN WELL-STOCKED SUPERMARKETS OR ONLINE.

Turkey Gumbo

ACTIVE: 50 min TOTAL: 1¼ hrs

TO MAKE AHEAD: Refrigerate for up to 3 days.

- 4 cups unsalted turkey or chicken stock
- teaspoon ground allspice
- teaspoon ground cinnamon
- teaspoon ground coriander
- teaspoon smoked paprika
- teaspoon cayenne pepper
- teaspoon ground pepper
- ¼ cup canola oil
- ¼ cup all-purpose flour
- Pinch of salt plus ¼ teaspoon, divided
- 2 stalks celery, finely chopped
- 1 medium sweet onion, finely chopped
- 1 medium red bell pepper, finely chopped
- 1 medium poblano pepper, finely chopped
- 3 cloves garlic, minced
- 1 15-ounce can no-salt-added diced tomatoes
- 2 cups shredded cooked turkey
- 8 ounces andouille sausage, chopped
- 4 ounces okra, thinly sliced
- 1 tablespoon chopped fresh thyme
- 2 bay leaves
- 1½ teaspoons filé powder
- ½ teaspoon Worcestershire sauce

1. Bring stock to a simmer in a large pot; keep warm. Combine allspice, cinnamon, coriander, paprika, cayenne and pepper in a small bowl.
2. Meanwhile, heat oil in a large cast-iron skillet over medium-high heat. Whisk in flour and season with a pinch of salt. Cook, stirring often with a wooden spoon, until the roux is very brown, 2 to 4 minutes. Add celery, onion, bell pepper and poblano; cook, stirring occasionally, for 3 minutes. Add garlic; cook, stirring, for 1 minute. Add the spice mixture; cook, stirring, for 1 minute.
3. Whisk the roux and vegetables into the hot broth until combined. Add tomatoes, turkey, sausage, okra, thyme, bay leaves, filé powder, Worcestershire and the remaining ¼ teaspoon salt. Bring to a simmer. Reduce heat to maintain a simmer, cover and cook, stirring occasionally, for 30 minutes.

SERVES 8: 1 cup each

CAL 232, FAT 11G (SAT 2G), CHOL 56MG, CARBS 12G, TOTAL SUGARS 3G (ADDED 0G) PROTEIN 19G, FIBER 2G, SODIUM 359MG, POTASSIUM 355MG.



15-Minute White Bean, Kale & Kielbasa Soup

ACTIVE: 10 min TOTAL: 15 min

This quick soup recipe is ready in only 15 minutes thanks to convenience products like frozen chopped onion and precooked kielbasa.

1 tablespoon extra-virgin olive oil
4½ ounces kielbasa, halved lengthwise and sliced (1 cup)
1 cup frozen chopped onion, thawed

1 teaspoon garlic powder
1 teaspoon ground cumin
1 teaspoon dried thyme
1 teaspoon smoked paprika
¼ teaspoon salt
¼ teaspoon ground pepper
4 cups low-sodium chicken broth
4 cups chopped kale
1 15-ounce can no-salt-added cannellini beans, rinsed

Heat oil in a large saucepan over medium-high heat. Add kielbasa and onion; cook, stirring, for

2 minutes. Add garlic powder, cumin, thyme, smoked paprika, salt and pepper; cook, stirring, until fragrant, about 30 seconds. Add broth, kale and beans. Cover and bring to a boil. Uncover, reduce heat to maintain a simmer and cook until the kale is tender, 5 to 7 minutes.

SERVES 4: 1½ cups each

CAL 293 FAT 16G (SAT 4G, MONO 7G), CHOL 23MG, CARBS 26G, TOTAL SUGARS 4G (ADDED 0G), PROTEIN 15G, FIBER 6G, SODIUM 805MG, POTASSIUM 684MG.



Italian Wedding Soup

ACTIVE: 20 min TOTAL: 20 min

Forget the marble-size meatballs you find in many versions of this soup. In this easy recipe, they're full size, full flavored and plenty filling.

- 4 tablespoons extra-virgin olive oil, divided
- 1 cup chopped yellow onion
- 1 cup chopped carrot
- 1 cup chopped celery
- 2 tablespoons minced garlic
- 6 cups unsalted chicken broth
- 6 ounces orzo, preferably whole wheat
- 1½ tablespoons chopped fresh oregano
- ½ teaspoon kosher salt
- 24 cooked chicken meatballs (12 ounces)
- 4 cups baby spinach
- ¼ cup grated Parmesan cheese

1. Heat 1 tablespoon oil in a large pot over medium-high heat. Add onion, carrot, celery and garlic; cook, stirring occasionally, until the onion is translucent, 4 to 5 minutes. Add broth, cover and bring to a boil. Add orzo, oregano and salt; cover and cook, stirring occasionally, until the orzo is just tender, about 9 minutes. 2. Stir in meatballs and spinach; cook until the meatballs are heated through and the spinach is wilted, 2 to 4 minutes. Serve sprinkled with cheese and drizzled with the remaining 3 tablespoons oil.

SERVES 6; 1½ cups each

CAL 415, FAT 19G (SAT 5G), CHOL 101MG, CARBS 36G, TOTAL SUGARS 5G (ADDED 0G), PROTEIN 26G, FIBER 4G, SODIUM 728MG, POTASSIUM 681MG.

Goulash Soup

ACTIVE: 30 min TOTAL: 50 min

TO MAKE AHEAD: Refrigerate soup for up to 2 days. Reheat on the stovetop or in the microwave.

Get all the flavors of classic goulash in a warming, hearty soup. This easy one-pot meal can be on the table in less than an hour.

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, diced
- 1 medium green bell pepper, diced
- 1 medium red bell pepper, diced
- 12 ounces beef sirloin, trimmed and cut into ½-inch pieces
- 1 tablespoon Hungarian paprika
- 1 teaspoon dried marjoram
- 1 teaspoon caraway seeds, lightly crushed
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups low-sodium beef broth
- 12 ounces yellow potatoes, cut into ½-inch pieces
- 1 cup canned crushed tomatoes

- 1 teaspoon red-wine vinegar
- 4 tablespoons sour cream, divided
- 2 tablespoons chopped fresh parsley, divided

Heat oil in a large saucepan over medium-high heat. Add onion, green pepper and red pepper; cook, stirring, until starting to soften, about 3 minutes. Add beef, paprika, marjoram, caraway seeds, salt and pepper. Cook, stirring, until the beef is no longer pink, 3 to 5 minutes. Stir in broth, potatoes and tomatoes; bring to a boil. Reduce heat to maintain a simmer and cook, uncovered, stirring occasionally, until the potatoes are tender and the soup has thickened a bit, about 20 minutes. Stir in vinegar. Divide the soup among 4 bowls and garnish each with 1 tablespoon sour cream and ½ tablespoon parsley.

SERVES 4: 2 cups each

CAL 313, FAT 11G (SAT 4G), CHOL 51MG, CARBS 28G, TOTAL SUGARS 8G (ADDED 0G), PROTEIN 26G, FIBER 5G, SODIUM 524MG, POTASSIUM 1,188MG.





Asparagus &
Sorrel Bisque
page 88



CHAPTER 9

SPECIAL OCCASIONS

Whether it's seasonal ingredients or
some planning ahead, these soups are
worth a little extra effort.





Vori Vori (Corn-Dumpling Soup)

ACTIVE: 1 hr 5 min TOTAL: 1¼ hrs
TO MAKE AHEAD: Prepare through Step 1 and refrigerate poached chicken and broth separately for up to 1 day.

Vori means "ball" in the Guaraní language of Paraguay; vori vori is the plural form. The name references the spherical dumplings that float in the broth. The soup originated as a fusion of the cuisines of Spanish Franciscan missionaries and the Guaraní people. For the lightest dumplings, use clarified butter, also known as ghee.

SOUP

- 1 bone-in chicken breast (about 1¼ pounds)
- 1 small yellow onion, peeled
- 1 small carrot
- 1 stalk celery
- 1 large clove garlic
- ¾ teaspoon salt
- 8 cups water
- 4 cups diced butternut squash

DUMPLINGS

- 1 large egg plus 1 egg yolk
- ¼ cup grated white onion

- 1 cup fine stone-ground cornmeal
- 2 tablespoons ghee or unsalted butter, at room temperature
- Chopped fresh parsley or scallion greens for garnish

1. To prepare soup: Place chicken, yellow onion, carrot, celery, garlic and salt in a large pot. Add water, cover and bring to a boil over high heat. Reduce heat to maintain a simmer and cook, covered, until an instant-read thermometer inserted in the thickest part of the meat without touching bone registers 165°F, about 25 minutes. Allow the chicken to cool in the broth for 10 minutes. Transfer the chicken to a plate. Strain the broth and return it to the pot. (Discard solids.)
2. Meanwhile, to prepare dumplings: Mix egg, egg yolk and onion in a large bowl with a fork. Add cornmeal and stir to combine. Add ghee (or butter) and mash it in with the back of the fork. Add cheese and knead until a smooth dough forms. Cover and let rest for 10 minutes.
3. Bring a large saucepan of water to a boil over high heat. Shape the dough into 18 dumplings, about 1 inch in diameter. Reduce heat to a simmer and add half the dumplings. Cook until they rise to the surface, about 4 minutes, then continue to simmer for 5 minutes. Use a slotted spoon to transfer them to a large plate. Repeat with the remaining dumplings.
4. Add squash to the broth in the pot. Bring to a boil over high heat. Reduce heat to maintain a simmer, cover and cook until the squash can be easily pierced with a fork, 10 to 15 minutes.
5. Shred the chicken and return to the broth, along with the dumplings. Simmer until the chicken and the dumplings are heated through, about 5 minutes. Serve topped with parsley or scallion greens, if desired.

SERVES 6: 2 cups each

CAL 317, FAT 13G (SAT 7G), CHOL 134MG, CARBS 28G, TOTAL SUGARS 3G (ADDED 0G), PROTEIN 22G, FIBER 5G, SODIUM 490MG, POTASSIUM 586MG.



French Onion Soup with Portobello Cheese "Toast"

ACTIVE: 45 min TOTAL: 45 min

This lower-carb version of the traditional French onion soup recipe uses sherry instead of white wine and focuses on two types of caramelized onions for a rich, flavorful broth. We nix the traditional slice of bread and use roasted portobello mushrooms stuffed with cheese, herbs and breadcrumbs as a stand-in for Gruyère toast.

- 4 tablespoons extra-virgin olive oil, divided
- 2 tablespoons butter
- 2 large sweet onions, sliced
- 1 medium red onion, sliced
- 4 medium portobello mushrooms, stems and gills removed
- $\frac{1}{2}$ teaspoon ground pepper, divided
- 2 tablespoons chopped garlic
- 2 teaspoons chopped fresh thyme or $\frac{1}{2}$ teaspoon dried

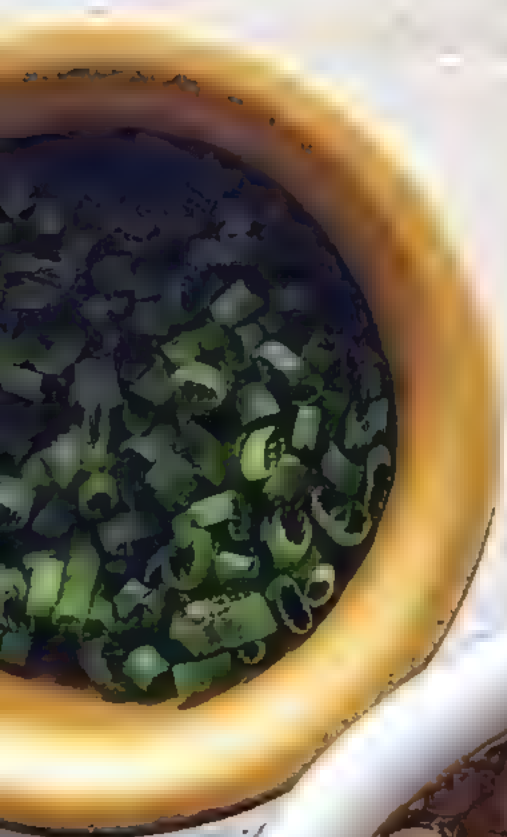
- $\frac{1}{4}$ cup dry sherry
- $\frac{1}{2}$ teaspoon salt
- 4 cups unsalted beef broth
- $\frac{1}{2}$ cup shredded Gruyère cheese
- $\frac{1}{4}$ cup plain dry breadcrumbs
- 1 tablespoon minced fresh chives

1. Position racks in middle and upper thirds of oven; preheat to 450°F. Coat a rimmed baking sheet with cooking spray.
2. Heat 2 tablespoons oil and butter in a large pot over medium-high heat. Add sweet and red onions and stir to coat. Cover, reduce heat to medium and cook, stirring often and scraping up any browned bits, until golden brown, 25 to 30 minutes.
3. Meanwhile, place mushroom caps, gill-side up, on the prepared pan. Brush with 1 tablespoon oil and sprinkle with $\frac{1}{4}$ teaspoon pepper. Roast on the middle rack until tender, 10 to 15 minutes. Remove from oven and preheat broiler to high.

4. Add garlic and thyme to the onions and cook, uncovered, for 2 minutes more. Stir in sherry, salt and the remaining $\frac{1}{4}$ teaspoon pepper; increase heat to medium-high and bring to a simmer. Cook, stirring often, until most of the liquid has evaporated, about 1 minute. Stir in broth and return to a simmer. Reduce heat and simmer for 10 minutes.
5. Meanwhile, combine Gruyère, breadcrumbs, chives and the remaining 1 tablespoon oil in a small bowl. Divide the mixture among the mushroom caps. Broil the mushrooms until the filling is lightly browned, about 1 minute.
6. Divide the soup among 4 bowls and serve topped with a mushroom "toast."

SERVES 4: $1\frac{1}{2}$ cups soup and 1 "toast" each

CAL 370, FAT 25G (SAT 8G), CHOL 30MG, CARBS 25G, TOTAL SUGARS 12G (ADDED 0G), PROTEIN 12G, FIBER 4G, SODIUM 581MG, POTASSIUM 767MG.





Asparagus & Sorrel Bisque

ACTIVE: 40 min TOTAL: 2 hrs 40 min
TO MAKE AHEAD: Refrigerate for up to 1 day.

Sorrel, a lovely spring green, is paired with asparagus in this simple green soup that's great served warm or cool. No sorrel on hand? Baby arugula makes a good substitute.

- 2 tablespoons unsalted butter
- 2 tablespoons extra-virgin olive oil
- 2 large leeks, white and pale green parts only, halved and thinly sliced
- 2 stalks green garlic, sliced
- 1 teaspoon kosher salt
- 4 cups low-sodium vegetable or "no-chicken" broth
- 2 pounds asparagus, trimmed and cut into ½-inch pieces
- 4 cups sorrel or baby arugula, plus more for garnish
- ½ cup crème fraîche

Sliced radishes & ground pepper for garnish

1. Heat butter and oil in a large pot over medium heat until the butter is foamy. Add leeks, green garlic and salt and cook, stirring occasionally, for 5 minutes. Add broth and bring to a simmer over high heat. Add asparagus, adjust heat to maintain a simmer, and cook, stirring occasionally, until the asparagus is tender, 8 to 10 minutes. Transfer the soup to a large bowl. Refrigerate, uncovered, for 2 hours.
2. Add sorrel (or arugula) to the soup. Puree in batches in a blender until smooth. Adjust seasoning as needed. Serve topped with crème fraîche and garnish with more sorrel (or arugula), radishes and pepper, if desired.

SERVES 8: 1 cup each

CAL 153, FAT 12G (SAT 6G), CHOL 20MG, CARBS 9G, TOTAL SUGARS 4G (ADDED 0G), PROTEIN 3G, FIBER 3G, SODIUM 334MG, POTASSIUM 184MG.





Sopa de Tartaritas (Tiny Crêpe Soup)

ACTIVE: 1 hr 10 min TOTAL: 5 hrs
TO MAKE AHEAD: Prepare broth (Steps 1-5) and refrigerate for up to 2 days or freeze for up to 4 months. *In Guatemala, leftover stock from pots of boiled beef (cocido) is often transformed into this soup. Here, a simple stock from roasted beef bones approximates that flavor. If you're short on time, use the best premade beef broth you can find.*

ROASTED BEEF BROTH

- 3 pounds assorted beef bones (shin, shank, short ribs and/or marrowbones)
- 1 large white onion, cut into 3-inch pieces
- 2 medium carrots, cut into 3-inch pieces
- 2 large stalks celery
- 1 small leek, cut into 3-inch pieces
- 2 tablespoons vegetable oil
- 4 quarts water, divided
- 6 whole peppercorns
- 1 cup packed fresh flat-leaf parsley with stems

TARTARITAS (TINY CRÊPES)

- 1 cup whole milk
- 2 large eggs
- 1½ cups all-purpose flour
- ½ teaspoon salt

- ¼ cup chopped fresh flat-leaf parsley
- 4 tablespoons canola oil, divided

SOUP SEASONINGS

- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 3 large sprigs fresh mint, plus chopped mint for garnish

1. To prepare broth: Preheat oven to 450°F.
2. Combine bones, onion, carrots, celery, leek and oil in a large roasting pan. Roast, stirring once or twice, until the bones and vegetables are very brown, about 45 minutes.
3. Transfer the bones and vegetables to a large stockpot. Add 1 quart water to the roasting pan, scrape up any browned bits, then pour the water into the pot. Add the remaining 3 quarts water, cover and bring to a simmer over high heat. Reduce heat to maintain a simmer and cook, skimming off any foam, for 15 minutes.
4. Add peppercorns and 1 cup parsley. Continue simmering until any meat falls off the bones and/or the marrow is very soft and easily removed with a spoon, about 2 hours.
5. Let the broth stand for 30 minutes. Strain through a sieve lined with cheesecloth. Skim fat,

if using the broth immediately, or refrigerate overnight and remove solidified fat before using. You should have 10 cups broth.

6. Meanwhile, prepare tartaritas: Whisk milk and eggs in a large bowl. Add flour and salt and whisk until the batter is smooth. Let rest for 10 minutes. Stir in parsley.
7. Line a baking sheet with paper towels. Heat 1 tablespoon oil in a small nonstick skillet over medium-high heat. When it's hot, drop batter by the teaspoonful to form crêpes about 1½ inches in diameter. Cook until beginning to turn golden on the bottom, about 30 seconds. Flip and cook until golden, about 20 seconds more. Transfer to the baking sheet. Repeat with the remaining batter and oil in several batches, adjusting the heat if the crêpes are browning too quickly.
8. To season and finish soup: Combine the broth, salt and pepper in a large pot. Bring to a boil over high heat. Add mint sprigs and cook for 2 minutes. Discard the sprigs. Ladle the soup into bowls and divide the crêpes among them. Garnish with chopped mint, if desired.

SERVES 8: 1½ cups soup and about 10 crêpes each

CAL 197, FAT 9G (SAT 2G), CHOL 50MG, CARBS 20G, TOTAL SUGARS 2G (ADDED 0G), PROTEIN 9G, FIBER 1G, SODIUM 473MG, POTASSIUM 294MG.

A Little Nibble

These delicious crostini recipes elevate and round out a meal, plus they pair perfectly with our special-occasion soups.



HERE, DRIED FIGS ARE SIMMERED IN JUST ENOUGH LIQUID SO THEY SOFTEN INTO A THICK JAM. TRY STIRRING THE LEFTOVER COMPOTE INTO YOUR YOGURT OR OATMEAL THE NEXT DAY.



Goat Cheese Crostini with Fig Compote

ACTIVE: 35 mins TOTAL: 1 hr 15 mins
SERVINGS: 15

- 8 ounces dried Mission figs (1½ cups), stems removed, diced
- ¼ cup honey, plus more for garnish
- ¼ cup lemon juice, plus 1 teaspoon lemon zest for garnish
- ¼ cup orange juice
- 3 tablespoons water
- 1 teaspoon minced fresh rosemary, divided
- teaspoon kosher salt
- teaspoon ground pepper
- 30 (½-inch) slices whole-wheat baguette
- 1 tablespoon extra-virgin olive oil
- 6 ounces goat cheese, softened

1. Combine figs, honey, lemon juice, orange juice, water, ½ teaspoon rosemary, salt and pepper in a small saucepan. Bring to a simmer over medium-high heat. Reduce heat to maintain a simmer, partially cover and cook, stirring occasionally, until slightly thickened, about 15 minutes. Transfer to a large heatproof bowl and spread into an even layer to speed cooling. Let cool to room temperature, about 15 minutes.
2. Meanwhile, preheat oven to 375°F.
3. Place baguette slices on a rimmed baking sheet and brush the tops with oil. Bake until crisp and light golden, 8 to 10 minutes.
4. Spread the crostini with goat cheese and top each with about 2 teaspoons compote (reserve the rest for another use). Garnish with lemon zest, the remaining ½ teaspoon rosemary and more honey, if desired.

SERVING SIZE: 2 crostini

CAL 137, FAT 4G (SAT 2G), CHOL 5MG, CARBS 23G, TOTAL SUGARS 11G (ADDED 4G), PROTEIN 4G, FIBER 2G, SODIUM 184MG, POTASSIUM 94MG.



Peach & Bacon Crostini

ACTIVE: 30 mins TOTAL: 30 mins
SERVINGS: 16

- 16 (½-inch) slices whole-grain baguette
- 3 tablespoons extra-virgin olive oil, divided
- 2 medium peaches, cut into ½-inch wedges
- ¼ teaspoon salt, divided
- 2 slices bacon, chopped
- 6 cups baby arugula
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- Flaky salt for serving

1. Preheat grill to medium-high.
2. Brush both sides of bread with 2 tablespoons oil. Toss peaches in a large bowl with the remaining 1 tablespoon oil and ¼ teaspoon salt. Grill the peaches until lightly marked and softened, 1 to 2 minutes

- per side. Return to the bowl. Grill the bread until lightly charred, 1 to 2 minutes per side.
3. Cook bacon in a large skillet over medium heat, stirring occasionally, until crisp, about 5 minutes. Using a slotted spoon, transfer the bacon to a small bowl. Add arugula and the remaining ¼ teaspoon salt to the pan. Cook, stirring occasionally, until just beginning to wilt, about 1 minute. Gently stir the greens, lemon zest and lemon juice into the peaches.
4. Top each crostini with some of the peach mixture, a little bacon and flaky salt, if using.

SERVING SIZE: 1 crostini

CAL 79, FAT 3G (SAT 1G), CHOL 1MG, CARBS 11G, TOTAL SUGARS 2G (ADDED 0G), PROTEIN 2G, FIBER 1G, SODIUM 147MG, POTASSIUM 69MG.



Goat Cheese Crostini with Mushrooms & Brown Butter

ACTIVE: 20 mins

TOTAL: 20 mins

SERVINGS: 4

- 2 tablespoons extra-virgin olive oil
- 12 small fresh sage leaves
- 12 ounces cremini mushrooms, quartered
- 2 tablespoons minced shallot
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- $1\frac{1}{2}$ tablespoons butter
- 4 ounces goat cheese
- 4 slices crusty whole-wheat bread, toasted
- 4 teaspoons pine nuts, toasted

1. Heat oil in a medium skillet over medium heat. Add sage and cook until crisp, 2 to 4 seconds per side. Using a slotted spoon, transfer the sage to a paper-towel-lined plate.
2. Add mushrooms and shallot to the pan, season with salt and pepper and cook, stirring occasionally, until soft and lightly browned, about 5 minutes. Using a slotted spoon, transfer the mushrooms to a bowl.
3. Add butter to the pan and cook, scraping up any browned bits, until the butter starts to brown, about 30 seconds. Pour the butter over the mushrooms and stir to combine.
4. Spread goat cheese on each toast. Top with the mushrooms, pine nuts and the sage.

SERVING SIZE: 1 toast

CAL 313, FAT 18G (SAT 6G), CHOL 17MG, CARBS 26G, TOTAL SUGARS 6G (ADDED 0G) PROTEIN 12G, FIBER 3G, SODIUM 431MG.

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P. 30 Jenny Huang
P. 31 Johnny Autry
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P. 37 Blaine Moats
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P. 43 Blaine Moats
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PP. 48-49 Eric Wolfinger; Dera Burreson; styling: Josh Hake (food)
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P. 52 Karla Conrad
PP. 53-55 Dera Burreson; styling: Josh Hake (food) (2)
P. 56 Helen Norman
P. 57 Karla Conrad
PP. 58-59 Leigh Beisch; Dera Burreson; styling: Josh Hake (food)
P. 60 Helen Norman
P. 61 Jennifer Causey
PP. 62-63 Dera Burreson; styling: Josh Hake (food)
P. 64 Victor Protasio; styling: Chelsea Zimmer (food)
PP. 65-66 Dera Burreson; styling: Josh Hake (food) (2)
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PP. 68-69 Jacob Fox (2)
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P. 86 Leigh Beisch
P. 87 Johnny Autry
P. 88 Dera Burreson; styling: Josh Hake (food)
PP. 89-90 Leigh Beisch (2)
P. 91 Johnny Autry; styling: Charlotte Autry (food, props)
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RECIPE INDEX

		45 MIN OR LESS	CALORIES	FAT/SAT (g)	CARBS	SOD (g)	LOW-CAL	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE
A WORLD OF CHICKEN SOUPS (5)											
12	Chicken & Bok Choy Soup with Ginger & Mushrooms		245	7/1	24	5	639				
11	Lemon Chicken Orzo Soup with Kale		245	7/1	24	5	639				
10	Sopa de Fideos (Chicken Noodle Soup with Sofrito)		295	11/2	25	5	424				
8	Spring Green Soup with Chicken		314	12/2	20	5	741				
9	Tinola (Filipino Ginger-Garlic Chicken Soup)		344	20/4	14	2	663				
GET YOUR VEG (7)											
22	Creamy Corn Soup with Jalapeños & Cotija		231	9/2	33	4	481				
19	Lemony Lentil Soup with Collards		296	10/1	42	8	428				
16	Locro de Papas (Potato & Peppers Soup)		356	16/7	43	7	506				
23	Spring Vegetable Minestrina with Mint & Basil Pistou		240	14/3	19	7	469				
18	Vegan Cold Cucumber Soup		169	15/2	7	1	297				
21	Vegan Vegetable Soup		161	3/0	29	7	405				
21	Vegetarian Split Pea Soup		367	4/1	64	23	463				
MAKE IT A MEAL (7)											
30	Asopao de Gandules (Pigeon Pea Stew)		241	15/2	22	5	489				
31	Brunswick Stew		305	6/1	44	6	670				
32	Chicken & Hominy Stew with Greens		431	20/5	32	8	566				
28	Irish Stew with Lamb & Potatoes		254	7/2	22	3	435				
27	Kale & Lentil Stew with Mashed Potatoes		458	13/6	68	9	720				
29	Kale, Wild Rice & Chicken Stew		363	15/5	27	3	592				
26	Morgh-e Torsh (Chicken Stew with Green Herbs & Citrus)		418	21/5	20	7	685				
BLENDED AND SMOOTH (9)											
38	Acorn Squash Soup		133	4/1	22	3	461				
42	Cauliflower & White Bean Soup with Herb Croutons		315	16/2	35	10	432				
40	Cream of Zucchini Soup		179	9/3	23	2	301				
43	Creamy Cucumber Soup		173	13/2	11	4	340				
37	Creamy Mushroom Soup		407	22.8/2.8	41	5.6	462.1				
36	Sopa de Calabaza Rostizada (Roasted Pumpkin Soup)		173	14/1	12	2	423				
44	Thai-Inspired Curry Carrot Soup		186	13/12	17	3	595				
40	Tomato-Basil Soup with Herbed Focaccia Croutons		271	18/5	22	4	445				
39	White Gazpacho		230	18/2	12	1	226				
BRING ON THE BEANS (7)											
48	Afghan Tarkari (Vegetable & Chickpea Soup)		175	3/0	29	6	441				
53	Braised Cabbage & Lima Beans over Toast		364	10/2	55	14	566				
52	Brazilian Black Bean Soup		296	5/1	50	13	716				
51	Cajun Bean Soup		230	9/2	25	6	478				
48	Escarole, Cannellini Bean & Sausage Soup		422	14/4	43	21	684				
50	Middle Eastern Bean Soup		280	14/4	30	7	562				
51	Southwest Bean Soup		258	9/2	32	9	444				

	45 MIN OR LESS	CALORIES	FAT/SAT (g)	CARBS	FIBER (g)	SODIUM (mg)	LOW-CAL	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE
SEAFOOD WARMERS (6)											
56 Brodetto di Pesce (Adriatic-Style Seafood Stew)		334	10/2	26	2	770	Q				
59 Fish Chowder with Fennel & Corn		420	19/10	27	3	564					
60 Lobster & Corn Chowder		426	22/11	43	4	691					Q
57 Manhattan Cod Chowder	Q	226	6/1	24	4	555	Q				Q
58 Moqueca (Seafood & Coconut Chowder)	Q	485	26/20	39	5	686					Q
61 White Bean Soup with Tomato & Shrimp	Q	266	11/2	23	5	496	Q				
PLUG IT IN (10)											
75 Fagioli Soup Freezer Pack		457	18/4	42	8	653					
67 Instant Pot Lasagna Soup	Q	443	13/4	54	7	805					
65 Instant Pot Potato Soup	Q	87	4/2	10	1	146	Q	Q			Q
72 Instant Pot Split Pea & Ham Soup Freezer Pack		206	2/1	32	12	316	Q	Q			Q
64 Slow Cooker Cabbage Soup with Sherry		248	5/1	41	8	464	Q		Q		
69 Slow Cooker Chicken & Wild Rice Soup with Asparagus & Peas		322	8/2	44	4	731	Q				
74 Slow Cooker Chicken Noodle Soup Meal-Prep Freezer Pack		327	5/1	33	5	678	Q				
73 Slow Cooker Creamy Lentil Soup Freezer Pack		320	6/3	46	15	619	Q				Q
66 Slow Cooker Curried Butternut Squash Soup		153	11/9	15	3	424	Q		Q	Q	Q
68 Slow Cooker Mediterranean Chicken & Chickpea Soup		446	15/3	43	12	762					Q
MEAT-BASED FARE (6)											
81 15-Minute White Bean, Kale & Kielbasa Soup	Q	293	16/4	26	6	605	Q				Q
83 Goulash Soup		313	11/4	28	5	524	Q				Q
82 Italian Wedding Soup	Q	415	19/5	36	4	728					
79 Sopa de Albóndigas (Honduran-Style Meatball Soup)	Q	329	17/6	21	4	585	Q				
78 Split Pea Soup with Chorizo		503	24/7	50	15	513					Q
80 Turkey Gumbo		232	11/2	12	2	359	Q	Q			
SPECIAL OCCASIONS (4)											
88 Asparagus & Sorrel Bisque		153	12/6	9	3	334	Q		Q		Q
87 French Onion Soup with Portobello Cheese "Toast"	Q	370	25/8	25	4	581	Q				
89 Sopa de Tartaritas (Tiny Crêpe Soup)		197	9/2	20	1	473	Q				
86 Vori Vori (Corn-Dumpling Soup)		317	13/7	28	5	490	Q				

KEY TO RECIPE INDEX COLUMNS

More information at [eatingwell.com/go/guidelines](https://www.eatingwell.com/go/guidelines)

45 MIN OR LESS:
A recipe's start-to-finish time.

CALORIES:
Entrees have ≤375 calories per serving; combination meals (protein plus starch or vegetable) have ≤575 calories; desserts have ≤225 calories per serving; side dishes, muffins and breads have ≤200 calories

per serving; dips and salsas have ≤100 calories per serving.

HEART-HEALTHY:
Recipes have limited saturated fat. Entrees have ≤2–3 g saturated fat per serving (seafood entrees have ≤4 g); combination meals (protein plus starch or vegetable) have ≤4–5 g

(seafood ≤6 g); side dishes, muffins, breads and desserts have ≤2 g saturated fat per serving; dips and salsas have ≤1 g.

VEGETARIAN:
Meatless or includes meatless options.

VEGAN:
No animal products. Check the labels of ingredients,

such as chocolate, to make sure they don't contain hidden sources of animal products.

GLUTEN-FREE:
Does not include wheat, rye, barley or oats. Check the labels of ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.



Make Better Broth

Chicken broth is the base for countless soups. Some store-bought chicken broth can be convenient, excellent and delicious. But making your own is easier than you think, and the full flavor is worth the effort.

4 pounds chicken leg quarters, cut in half
 1 small carrot, peeled and cut into 2-inch pieces
 1 small stalk celery, cut into 2-inch pieces
 1 small onion, root end trimmed, peeled and cut into eighths
 6 sprigs fresh parsley
 2 sprigs fresh thyme
 1 bay leaf
 1 clove garlic, crushed and peeled

20 whole peppercorns
 20 cups water

1. Place chicken, carrot, celery, onion, parsley, thyme, bay leaf, garlic and peppercorns in a stockpot or large Dutch oven (10-quart capacity). Add water. Bring to a boil over high heat, then reduce heat to maintain a simmer. Skim any foam and fat that rises to the surface. Simmer for 4 hours.

2. Place a colander over a large

bowl and strain the stock, pressing on the solids to release as much liquid as possible.

3. If not using immediately, cool the stock quickly by placing the bowl into a larger bowl of ice water. Once at room temperature, remove from the ice water, cover loosely and refrigerate overnight.

4. Use a spoon to remove the congealed fat from the surface of the chilled stock, then store in an airtight container (or containers).

Slow Cooker Chicken
& Wild Rice Soup
with Asparagus & Peas
page 69



Simmer and Savor

Simple to make, soups can be perfect for a busy weeknight or steal the show during a special dinner. These recipes range from low-calorie to heartier dishes, and they're all satisfying and delicious.



Creamy Corn Soup
with Jalapeños & Cojita
page 22



Fish Chowder
with Fennel & Corn
page 59